



# St. Francis Xavier's RC Primary School

*Love one another as I have love you*

## Physical Education Policy

### Our Mission

**S**hare God's love with one another

**F**ollow your dreams

**EX**cel in citizenship

### Our Mission is to:

- Be a witness to the values, teaching and beliefs of the Roman Catholic Church
- Promote achievement and enjoyment for all
- Expect the best for individuals
- Inspire learning
- Collaborate with the community
- Promote a healthy and safe life style
- Create a sustainable school
- Continually strive to be effective

### Aims and Objectives

At St Francis Xavier's Primary School Physical Education forms an important part of the education of each pupil. We aim to promote an active, healthy and enjoyable lifestyle and encourage our pupils to have the motivation, confidence, physical and social competence, knowledge and understanding to maintain physical activity throughout life.

P.E. is about introducing children to the world of sport, which, combined with an enjoyment of exercise, will hopefully provide the foundations for a healthy, active lifestyle.

The aims of Physical Education at St Francis Xavier's Primary School are:

- To promote positive attitudes towards physical activity.
- To develop social co-operation and positive attitudes towards others and to compete with a sense of fair play.
- To promote physical activity, physical skills development and a healthy lifestyle.
- To show an awareness, knowledge and understanding of safety when participating in physical activity.
- To encourage lifelong involvement in physical activity.
- To develop fair play through cooperation, collaboration and competition and manage to varying levels of success in competitive and co-operative situations and retain a proper sense of perspective in competition.
- To always try to achieve personal best.
- To have age appropriate activities.
- To understand the need for rules in games.
- To provide equal opportunities for all children to achieve their full potential, through curricular and extra-curricular sessions.

### Curriculum

Each child at St Francis Xavier's Primary School receives 1 hour of Physical Education curriculum time per week. During this session a mixture of Real PE is used which is age appropriate and focuses on the fundamental movement skills and there is also a game focus where children learn how to participate in team activities.

In accordance with the National Curriculum, one hour of P.E. per week is used for swimming sessions in a KS2 class. Each class attends swimming at a local Leisure Centre on a termly basis. Participation is compulsory. All pupils are required to learn how to swim.

### **Planning and Progression**

Each year the children will follow the schools agreed Physical Education scheme of work (Real PE). The short and medium-term planning documents, kept on the school network, will indicate the activities that children will be involved with during the half-term. Individual members of staff will amend the short-term planning for pupils, based on their knowledge of the children's ability. Books and other teaching resources are kept by all teachers in their Real PE pack for their year group.

### **Special Needs**

Wherever practical, provision will be made for children with special educational needs where it affects their performance in P.E. The Real PE programme has differentiated activities for children with special needs and we have a DVD of how to adapt the activities for a variety of needs.

### **Equal Opportunities**

All pupils at St Francis Xavier's Primary School will be given equal opportunities to access the P.E. curriculum regardless of race, sex, religion, ethnic group, culture or ability (including more and less able pupils).

A well-balanced and planned P.E. programme should meet the physical and social needs of all pupils thus allowing all children across the ability spectrum to succeed.

By setting suitable learning challenges, responding to pupils' diverse learning needs and overcoming potential barriers to learning and assessment, teachers will create a positive and achievement orientated learning environment.

### **Assessment**

Assessment in PE is ongoing and formative. Children will receive feedback and support during the lessons. Assessment in P.E should provide opportunities for pupils to assess their own performance through talk and observation of peers. They should be encouraged to recognise ways of improving skills and make positive comments on their own and others work.

As part of the Real PE programme all children will be able to monitor their performance in PE by using the FUNs self-assessment sheet for each of the 12 fundamental skills. Teachers will have a folder with all children's assessment sheets as well as the teacher's assessment on each skill per child.

### **Dress Code for Pupils**

It is expected that children will wear the school PE kit during lessons. This includes:

- White T shirt
- Shorts
- Black plimsolls/trainers.

The pupils can work with bare feet indoors. Tights must not be worn.

In outdoor P.E lessons, when it is cold, tracksuits may be worn.

### **Extra-Curricular Activities**

We are committed to recognising the importance of physical activity of children outside the curriculum. We believe that sport in after school clubs and PACES provide a positive experience of physical activity for children both before and after school.

Pupils will be given more regular opportunities to represent St Francis Xavier's Primary School in various sporting events throughout the local community.

We also have various inter school tournaments that operate during and after school hours. Students are encouraged to participate to further promote an awareness of the value of physical activity.

## **Health & Safety**

Physical Education is by its very nature a challenge to growing children. Pupils will be placed in situations where risk of an accident or injury is ever present. Therefore, it is important for teachers to be aware of the importance of safety and to plan it in their work so as to minimise the risk of accidents to both pupils and teachers. The following list is a general outline of safe practice in P.E. more detailed, subject specific guidelines can be found in the 'Safe Practice in Physical Education and School Sport' document.

- All forms of physical activity should be preceded by an appropriate warm-up.
- The pupils must be given tasks which are challenging, but within the scope of their ability.
- There must be a risk assessment for safe handling of the equipment whilst the work is in progress and safe storage when the work is complete.
- Appropriate levels of lighting must exist to facilitate a safe working environment.
- The surface that the pupils are expected to work on should be clean and free of litter or other hazards that could cause an accident. The teacher should pay special attention to the suitability of the surface, after the floor has been polished in the hall and after rain on the playground or on the grass as this may make the area too slippery to be safe.
- All jewellery and watches should be removed.
- Long hair should be secured as appropriate to the activity at all times.
- Appropriate clothing must be worn by pupils and staff.
- The teacher must ensure the preservation of body heat after hard physical exercise and use good methods to cool down pupils after such exercise.
- The teacher must be aware of any medical condition which may affect physical ability (e.g. diabetes or asthma) and make the appropriate adjustments in planning and implementation of the lesson to allow pupils who suffer from any conditions to take part actively but safely.
- For Health and safety reasons, teachers may physically guide children during lessons in order to develop their skills. E.g. correcting a child's position during a gymnastics lesson.
- Staff should have a working knowledge of First Aid and know when and how to summon qualified First Aid assistance.

## **Risk Assessment**

Regular checks and risk assessments are made by all staff involved in delivering the P.E. curriculum, these checks are ongoing. Risk assessments should also be carried out on any facilities that are used for sporting activities outside of the school grounds.

## **Monitoring and Evaluation**

The monitoring and evaluation of the P.E. curriculum will be carried out in the following ways:-

- By the P.E. co-ordinator meeting with year group leaders/teachers and external coaches to discuss their plans and match them against the P.E. schemes of work.
- Supporting colleagues in the teaching of P.E. by being informed about current developments in the subject.
- By evaluating the strengths and weaknesses of the subject and identifying areas that need further development.
- By carrying out lesson observations.

This policy was updated May 2024. The policy was adopted by the Standards and Curriculum Committee of the Governing Body of St Francis Xavier's RC Primary on 20<sup>th</sup> May 2024. This policy will be monitored every two years.

Signed: *Sylvia Cockroft*

Date: 20.5.24

Chair of Standards and Curriculum Committee

Signed: *Diana Pearce*

Date: 20.5.24

Headteacher

Hannah Burgess  
PE Subject Leader  
May 2024