

# Physical Education Subject Policy

## St. Francis' Catholic Primary School



**Approved by FGB on:** N/A

**Committee Responsible:** Learning

**Next review due by:** November 2023

# Physical Education

## **Intent**

In teaching Physical Education (PE) at St. Francis' School, we provide children with the opportunity to experience a range of activities that help develop their health, fitness and wellbeing. High quality Physical Education lessons can inspire children to exceed and challenge themselves, showcasing their skills in local and inter school competitions. Not only do we teach Physical Education in order to build on health and fitness but to build character and embed Christian and school values such as fairness and respect.

Physical Education assists children in realising their God-given potential and helps children to acknowledge God as the creator of the human body by encouraging continuous development of physical abilities. Through Physical Education, the children are taught the Christian and school values of respect, trust, honesty, friendliness, bravery and perseverance.

## **Aims**

- develop an enjoyment for physical activity
- become aware of how to live a healthy and active lifestyle and how this contributes to well-being
- develop the social skills to work as a team
- be taught the key values of teamwork, determination, fairness, respect and self-belief through physical activities and competitive sports
- gain leadership skills, taking on responsibilities through becoming sports leaders, coaching and running events
- develop confidence, tolerance and appreciation for individual and others' strengths and weaknesses.

## **Implementation**

- the planning and teaching of Physical Education at St. Francis' School follows the National Curriculum Programmes of Study and is supported by School Games and Premier Sport Education
- in line with government recommendations, at least two hours of timetabled Physical Education will be taught per week to each year group
- a progression of skills will be taught and followed from years R – 6
- an appropriate range of resources will be provided and stored in the PE cupboard
- lessons will provide opportunities to work individually, with a partner and as part of a team
- the importance of regular exercise in sustaining a healthy body and mind will be emphasised in PE lessons, making links to PSHE and science
- pupils will be appropriately dressed in the school PE kit when participating in physical education
- sporting abilities will be showcased in sports events, tournaments and festivals
- a series of swimming lessons will be provided every year for children in Key Stage 2
- pupils will be taught to use equipment safely and with the correct technique, as well as manage the movement of equipment safely
- teachers will act as good role models, dressing appropriately for PE and living a healthy lifestyle
- equal opportunities are provided for all children in all activities
- opportunities for additional physical activity outside of PE lessons will be provided through extra-curricular clubs, active play and forest school
- pupils are encouraged to embrace the competitive nature of PE alongside acknowledging the importance of participation

- teacher assessments are formative and made alongside external sports coaches through observation during lessons.

### **Impact**

The PE coordinator, reporting to the Head Teacher, is responsible for monitoring teaching practice to ensure that the school PE policy is being implemented. This includes overseeing the development and review of schemes for learning in PE, mapping out and monitoring curriculum planning and extra-curricular activities alongside Premier Education, and regular review of PE equipment.

### **Conclusion**

Physical Education at St. Francis' School is important in giving children the knowledge, understanding and tools to make informed choices, and aims to have a positive impact on health and wellbeing. During their time at St. Francis', children should discover and determine what they are capable of doing through an environment that challenge and stimulates.