

SACRED HEART
CATHOLIC VOLUNTARY ACADEMY



LIVE LEARN LOVE

PE POLICY

APPROVED BY
THE GOVERNING BODY
REVIEW DATE – NOVEMBER 2022

Sacred Heart Catholic Voluntary Academy
Policy on Physical Education (PE 2019/2020)

The PE policy at Sacred Heart is designed to reflect the primary PE entitlement as defined in the National Curriculum 2014. PE lessons and Sports Clubs offer opportunities for children to:

Acquire and develop skills: explore basic skills, actions and ideas with increasing understanding.

Have the ability to repeat simple skills and actions with increasing control and coordination for example catching and throwing a ball, develop and demonstrate agility, balance and coordination to a high level.

Repeat simple skills and actions with increasing control and coordination for example catching and throwing a ball, develop and demonstrate agility, balance and coordination to a high level.

Have the ability to select and apply specific skills within PE lessons. Explore how and when to apply these skills in isolation and in sequence. In competitive activities use simple tactics to outwit opponents by using different movement techniques.

Have the opportunity to both self and peer review performance within PE. They can learn to improve and adapt the quality and control of their work.

Develop knowledge and understanding of their fitness and health and how this will affect them within sport. The children will learn from an early age how their body reacts when exercising and why this may happen.

Receive a high level of teaching/coaching to allow the children to hit both curriculum and personal targets within PE. The children will understand their personal strengths and weaknesses and have the opportunity to improve these skills

Understand the meaning of winning and losing within sport. They will have the opportunity to take part in both competitive and non-competitive sport within school.

Aims and Objectives

During PE, the children will be able to develop, improve and acknowledge the skills required to play, officiate and manage sporting activity. They will increase in confidence and competence when performing a large number of sport specific skills which can be transferable from one activity to the next. We will promote healthy lifestyles and guide the children to perform more sporting activity outside of the curriculum. The children will understand the physical and mental aspects of sport and learn more about the effects it has on the body.

Foundation Stage

During the children's time in foundation stage, they will develop the core movement skills required when taking part in physical activity. The children will begin to understand their body and how they can use it to improve their confidence and control within sport. There will be a significantly high focus on the children's agility, balance and coordination as these factors are vital to the child's development in later sporting life. We will use a wide range of resources within PE to support the specific skills. The children will learn basic throwing and catching skills through invasion games and they will also have the opportunity to take part in gymnastics where the focus will be on balance and agility.

Key Stage 1

During the time spent in KS1, the children will further develop the core skills that have been learned in foundation stage. There will still be a high focus on developing agility, balance and coordination within PE, however, these activities will be more challenging for the children. The children will be introduced to a variety of team and individual sports where they will begin to understand rules but still be able to be creative within their learning. The children will begin KS1 learning with a variety of invasion games such as quick sticks hockey, handball and ball skills. They will also take part in a 6-week block of gymnastics and dance. The children will learn basic sequences of movement and begin to understand the difference between balances and movements within gymnastics. During the summer term, we will cover the basics of striking and fielding games as well as an introduction to athletics and the skills required to perform these activities.

Key Stage 2

During the children's time within KS2, they will learn sport specific skills and begin to develop tactics in order to beat opponents. Children will understand how to attack and defend within a variety of invasion games such as Basketball, Netball and Hockey. The core skills learnt in KS1 will help ensure that the children can be effective when taking part in striking and fielding games such as tennis, cricket and rounders. The children will understand different genres of dance from around the world and will have a knowledge of the culture from where these dances came. Gymnastics will further develop to allow more challenging routines where the children will use their knowledge and understanding to work alone and within a group. All activities within Foundation, KS1 and KS2 will be accessible for all abilities within the school. Where necessary, we will provide individual progress plans for those who find it difficult to access PE or those who may have a special educational needs, disabilities and special gifts and talents. All children within their time in KS2 will take part in two blocks of 10 swimming lessons where they will learn basic water safety along with learning how to swim.

Teaching and Assessment of learning

We will use a large variety of learning styles within our PE and extra-curricular activities. The children will develop knowledge, skills and understanding of sport through a mixture of group, individual and whole class activities. The sports coach will promote good examples of learning and behavior to ensure children are experiencing a high level of teaching. The coach will use direct teaching where necessary and provide helpful feedback to the children on how they can improve within PE. There will be a high amount of peer evaluation where the children see and understand their own and others' strengths and weaknesses and be able to provide feedback on how they can

improve. Foundation and KS1 will be able to explore physical activity through directed play where they can improve from their own personal experiences. The teaching within KS2 will be more directed as the children are performing real sports.

The sports coach will deliver all PE lessons. This means that the children are being provided with a high level of subject knowledge and this allows the classes to reach their best performance levels. It is vital that the children are moving for at least 80% of their lesson and minimal static activity is used to ensure that the children are learning at a good pace. The coach will set difficult but achievable targets where the children will learn through high repetition of activities and where they will be able to learn from their mistakes.

It is the coach's responsibility to assess and evaluate the children's learning during their PE lesson. Older children within the school will evaluate their own performance which can be guided by the sports coach. An annual assessment for each child will be sent as part of the school report to parents/carers where we focus on the child's behavior, attainment and ability within PE lessons.

Health and Safety

Health and safety are promoted within all physical activity in school. The children are encouraged to consider their own safety and the safety of others at all times. The children must wear appropriate kit to school on their specified PE day. All PE lessons are developed to ensure safety is a priority but also allow for a high level of learning. Equipment is checked visually before any lesson and once a year, all equipment is checked by an outside company who advise us on any equipment that is unsafe and therefore cannot be used. The sports coach is first-aid trained so should an injury occur he/she will be able to follow the school policy when dealing with first aid.

Extra-curricular activity

The children are offered a wide range of PE related activities at the end of the school day. These clubs are delivered by our sports coach and, on certain occasions, an outside company. These clubs allow the children to further develop their skills in a range of activities and sports. The clubs scheduled are linked to the competitions provided by our local sports provider. We also regularly play competitive fixtures against local schools in sports such as football and netball. These opportunities promote a sense of team spirit, cooperation amongst other children and sportsmanship for those that take part.

Adopted: November 17th 2020

Reviewed on or before: November 17th 2022