



**St. Joseph's**  
Catholic Primary School

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Our School is a family of faith, hope, love, fun and learning for all

# Physical Education Policy

## 2021

At St Joseph's we believe that physical education, experienced in a safe and supportive environment is vital to a pupils' physical, mental and social development. Through a broad and balanced physical education curriculum, children are inspired to develop self-confidence, teamwork and personal achievement. Through a balance of individual, paired and group activities, we aim to cater for the strengths and needs of every child, using a variety of different activities, competitions and celebrations of physical development. At St Joseph's we have opportunities for children to develop their creative and expressive abilities within the teaching of the curriculum and extra-curricular activities.

### Aims:

- to develop competence to excel in a broad range of physical activities
- to lead healthy, active lives
- to engage in competitive sports and activities
- to be physically active for sustained periods of time
- to develop the ability to swim competently and confidently

### Teaching and Learning:

#### Entitlement:

**EYFS:** 1 x 45 minute high quality lesson per week

**KS1:** 1 x 1 hour high quality lesson per week

**KS2:** 2 x 1 hour high quality lessons per week

Children in KS2 will also take part in swimming lessons; facilities provided by Sports Coaching Limited. All lessons are taught by a swimming instructor and a fully qualified lifeguard.

#### Curriculum:

At St Joseph's, PE is delivered by class teachers. Staff receive regular training through the Vale Royal School Sports Partnership (see PE and Sport Funding report) to support their knowledge and skills. A 2 year rolling programme has been created to ensure children have access to a broad range of physical activities and ensure progression is made appropriately within each year group. A copy of the 2 year rolling programme can be found on the school website.

We encourage physical development, not only during allocated PE lessons, but throughout our daily routines at St Joseph's. We have a number of opportunities for children to increase the amount of physical activity per day:

- Wednesday Workouts
- 5-a-day
- Change for Life
- Bikeability
- Trek to Tokyo
- Cosmic Kids Yoga
- Forest School
- Extra-curricular activities
- Links to active cross curricular learning

### **Equal Opportunities and Inclusion:**

At St Joseph's we teach PE to all children, whatever their needs/ability. The subject leader ensures a broad and balanced curriculum to educate all children to ensure we provide learning opportunities that enable all pupils to make progress. Class teachers differentiate lessons appropriately to suit the needs of the individuals within classes. We are a fully inclusive school and ensure adaptations to space, equipment and support are made to facilitate all needs.

### **Assessment and Recording:**

Children are assessed through teacher judgements made by informal observations to inform next steps for learning. Formal assessments are then carried out using our assessment tools; Evidence Me and Balance.

Evidence Me is the assessment tool to track progression within physical development in the Early Years. Teacher observations are made on a daily basis to record physical development, teachers then formally assess using the tool each half term.

Balance is the assessment tool used to track progress and attainment within physical development in KS1 and KS2. Teachers will ensure formal assessments are carried out at the end of each unit.

### **PE Kit:**

Our standard PE kit for all children is a white T-shirt and purple shorts. School sweaters and black or grey tracksuit bottoms can be worn when the weather is cold. For both indoor and outdoor PE sessions trainers should be worn.

All jewellery must be removed including earrings and watches.

Children are to attend school in the correct PE kits on their allocated PE days.

### **Sports Funding:**

At St Joseph's Catholic Primary School we are utilising the Primary PE & Sport Premium funding to improve the quality and breadth of our PE & Sport provision through continually developing teaching and learning in PE, encouraging our pupils to adopt healthy active lifestyles and to take part in a wide range of sports and physical activities including more competitive school sport. Please see our school website for more details.