

## OUR LADY IMMACULATE CATHOLIC PRIMARY SCHOOL PHYSICAL EDUCATION POLICY

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### *What is P.E?*

P.E. is the development of knowledge, skills and understanding of physical activity through a continuous process of planning, practice, exploring, performing and evaluating.

### *Vision*

At Our Lady Immaculate Catholic Primary School we aim to:

- Promote excellence, enjoyment and a lifelong love of PE and Sport.
- Empower pupils to enjoy success and develop competence in PE.
- Provide pupils with the knowledge of how PE and sport affects their bodies and their own physical limitations.
- Provide children with the opportunity to participate and compete in a wide range of sports.
- Provide the highest quality teaching and learning experience possible.

### *Planning, Teaching and Assessment*

At Our Lady Immaculate Catholic Primary School we use a variety of teaching and learning strategies in our P.E. lessons in order to cater for a wide range of learning styles. The main aim is to develop knowledge, skills and understanding of P.E., physical activity and sports through whole class teaching, small group and individual activities. Teachers work from a long-term plan, spanning the academic year, encompassing a range of activities and a broad range of sports for the pupils to experience. The long-term plan provides a basis of sports to teach the objectives of the curriculum through, using the school curriculum.

External coaches work with members of staff to plan, deliver and assess lessons, through the PE and Sports Premium funding.

Teachers use individual pupils to demonstrate good performance as well as modelling good examples themselves. Children are encouraged to evaluate their own performance as well as the performance of others. Within lessons, children are given the opportunity to work collaboratively and there is always a competitive element.

Assessment of the children is carried out during each lesson, through observations by teachers and teaching assistants. Instant feedback is used to help the pupils' progress.

### *Resources*

There is a wide range of resources available to support the curriculum across the school. Teachers will ensure that resources are ready and available for each lesson and that pupils are taught how to use them safely and effectively. All resources will be stored in the P.E. cupboard and must be returned after use. The P.E. coordinator will be notified of any damaged or unsafe resources.

### *Foundation Stage*

Children will learn control and co-ordination in large and small movements and to move confidently in a range of ways, safely negotiating space and developing motor skills and physical literacy. Pupils will perform dances and experiment with ways of changing them, representing their own ideas, thoughts and feelings through music, dance and stories. They will understand the importance of good health and physical exercise, a healthy diet and talk about ways to keep healthy and safe. All round physical development is of the highest importance and staff use indoor and outdoor play to achieve this.

### *Key Stage One*

Children will develop fundamental movement skills and become increasingly confident and competent across a broad range of activities. They will have access to a wide range of physical activity opportunities, which will extend their agility, balance and coordination both individually and with others. They will engage in competitive and cooperative activities in increasingly challenging situations. Pupils will master basic movements including running, jumping, throwing and catching, applying these in a range of activities. They will participate in team games where they will develop simple tactics for attacking and defending and perform dances using simple movement patterns.

### *Key Stage Two*

Building on their previous experience, children will continue to apply and develop a broad range of skills, learning to use the skills in different ways and linking them to make actions and sequences of movements. They will communicate, collaborate and compete with other pupils and will develop an understanding of how to improve in different physical activities, evaluating and recognizing their own success.

They will use running, jumping, throwing and catching in isolation and combination, playing competitive games where they apply basic rules for attacking and defending. Pupils will develop flexibility, strength, technique, control and balance and perform dances using a range of movement patterns. They will extend their knowledge by comparing their performances with previous ones, demonstrating improvements to achieve their personal best. Pupils will also take part in outdoor and adventurous activity challenges both individually and within a team.

### *Swimming*

Swimming will take place in Year 5 and 6. Pupils will be taught to swim confidently over a distance of at least 25m, to use a range of effective strokes and to perform safe self-rescue in different water-based situations. Pupils in Year 6 who have not achieved the minimum distance of 25m will be put forward for top-up swimming lessons carried out over two weekly periods.

### *Extra-Curricular*

Children have the opportunity to take part in a range of after school sports across the academic year. These extra-curricular clubs are run by school staff or outside agencies (such as Jamie Carragher Soccer School). The clubs include Level 1 (intra-school) competitions and are aimed at

preparing children for Level 2 (inter-school) competitions run by the Liverpool School Sports Partnership (LSSP) as well as engaging those children who are identified as least active.

### *Residential trips*

Children in Year 3 and Year 6 have the opportunity to enhance their outdoor and adventurous activity experience, by visiting Winmarleigh Hall (PGL – Year 3) and Colomendy (Kingswood – Year 6). During these trips, children participate in land, water based activities, using teamwork and cooperation to grow in confidence and become more motivated, engaged and enthusiastic pupils.

### *Specialist coaches*

Through the PE and Sport premium, the school has invested in a partnership with LSSP, which includes the use of a specialist sports teacher for one half day per week as well as a dance teacher for one term. The children benefit from lessons, which are team-planned and taught with class teachers. EYFS children make use of a yoga instructor, focusing on mindfulness and healthy living. A 12-week 'Rugbytots' program takes place in school for children in reception, year 1 and year 2. It includes a focus on physical literacy, gross motor skills, and P.E values such as leadership, resilience and teamwork.

### *More able pupils*

Our more able pupils are challenged within each lesson to further enhance their knowledge, skills and understanding. They are continually tasked with applying their knowledge to different situations as well as evaluating each part of their performances. These pupils are also supported with any sporting commitments outside of the school curriculum.

### *SEN/Inclusion/Equal Opportunities*

All children take part in P.E. at Our Lady Immaculate and teachers ensure all activities are inclusive. We feel that all children's efforts should be supported and valued and adaptations to the curriculum are made to make it accessible to all, regardless of gender, ethnicity, religion or special educational need.

### *P.E. kit*

Given current circumstances, children are expected to arrive at school in full school P.E. kit on scheduled days when their class has a P.E lesson. We expect teachers to set a good example by wearing appropriate clothing whilst teaching P.E. By following these rules, teachers can ensure that all children take part safely during each P.E. lesson.

### *Summer/Outdoor*

#### *Girls*

P.E. skirt/navy shorts  
Light blue polo t-shirt  
Sports trainers

#### *Boys*

Navy shorts  
Light blue polo t-shirt  
Sports trainers

### *Winter/Indoor*

### *Boys and Girls*

Light blue polo t-shirt  
Navy tracksuit bottoms (OLI branded)  
Navy jumper (OLI branded)

### *Swimming*

#### *Girls*

One-piece costume  
Swimming cap

#### *Boys*

Trunks/Tight fitting swimming shorts  
Swimming cap

Jewellery (inc watches, earring, necklaces, rings) is not allowed during any P.E. lesson and must be removed. Any item, such as earrings, which cannot be removed, should be covered with surgical tape. Any children wearing jewellery (or glasses for swimming) which cannot be removed for PE lessons, must have a consent form completed by a parent/carer.