



# Our Physical Education Policy

## PHYSICAL EDUCATION FOR ALL



Physical education inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness.

The Patron Saint  
of PE is:  
Saint Sebastian

# What would Jesus do?



## Do what Jesus did!!



**Our Mission:**  
To make good choices in all areas of our lives, using Jesus as our role model.



## Intent

At Sacred Heart, our intent for Physical Education is ensuring the progression of Physical Education concepts, knowledge, and skills and for the children to develop a love of Physical Education. We study PE to develop the physical, social and emotional well-being of our students. We aim to provide an engaging and challenging curriculum that allows (all) students to achieve beyond their expectations. To offer excellent opportunities to develop a healthy life-long love of physical activity and to develop a first class teaching and learning environment where both staff and students enjoy working hard together to achieve success.

At Sacred Heart we want all students to feel they belong as part of a team, believe in their healthy potential and thrive physically, socially and emotionally. We do this by developing the attitudes, skills and knowledge required to be a leader and provide memorable experiences throughout a student's journey within Physical Education.

Students will be provided with a variety of opportunities and experiences throughout their time at Sacred Heart, challenging them both inside and outside the classroom. Students will develop physical, technical and tactical sporting skills; enhanced by an embedded focus on mental skills such as resilience, determination and confidence linked to our H.E.A.R.T values. There will be an emphasis on improving fitness in conjunction with health and well-being through knowledge and application.

We aim to ensure all students leave the school possessing the skills, motivation and knowledge to enjoy a lifelong engagement with sport and physical activity. We trust that our broad and innovative PE curriculum will allow students to develop their love of movement and sport well beyond their time with us

# Implementation

[Link to the 2014 National Curriculum](#)

PE at Sacred Heart Primary School provides challenging and enjoyable learning through a range of sporting activities including; invasion games, net & wall games, strike and field games, gymnastics, dance, swimming and outdoor & adventure.

The long-term plan sets out the PE units which are to be taught throughout the year and ensures that the requirements of the National Curriculum are fully met. Pupils participate in two high quality PE lessons each week, covering two sporting disciplines every half term. In addition, children are encouraged to participate in the varied range of extracurricular activities.

Lunch time sports clubs are available each day and children can participate in competitive sporting activities in and out of regular school time within the local area. This is an inclusive approach which endeavours to encourage not only physical development but also mental well-being. These events also develop teamwork and leadership skills and are very much enjoyed by the children. Children in Year 3 swim once a week for 10 weeks during the Spring Term. We repeat the 10-week course later in school for any children that are still unable to swim.

## EYFS



In EYFS, PE is one of the Prime Areas of Learning and underpins the development of other skills such as reading, writing and attention. As such, it is given lots of focus and is encouraged using both the indoor and outdoor provision. Specific areas and resources have been developed for children to learn and practise specific skills including balancing, climbing, jumping, throwing and catching, kicking and moving in a range of ways. They also access a one-hour discrete PE lesson each week which focuses on developing a particular skill using a varied range of equipment including parachutes, benches, balls, mats and climbing apparatus. Emphasis is put on creating fun and enjoyable sessions for the children which aim to inspire a love of sport and physical activity.

## Key Stages 1 and 2

In KS1, children are taught two, one-hour long PE sessions a week teaching a variety of invasion games, dance or gymnastics. Children build on the fundamental skills taught in EYFS and aim to master basic skill movements such as running, throwing, jumping and catching as well as beginning to develop balance, agility and coordination. Children are introduced to team games as well as individual sports. Basic tactics are introduced to the children as well as competitive sports whether that be competing against other children, teams or themselves. A healthy lifestyle is taught through Science in Year 2, building on prior knowledge from EYFS.

In KS2, children are also taught two, one-hour long PE session a week teaching a variety of invasion games, dance, gymnastics, Swimming (Year 5) or outdoor adventurous activities. Children will learn how to apply all skills taught throughout their school journey in isolation and combination. They develop an understanding of how to improve, evaluate themselves and others and recognise their own success.

## Monitoring

The Physical Education leader and senior management are responsible for observing practice and monitoring the quality and impact of Physical Education teaching and learning.

Monitoring throughout the school takes place whereby the subject leader:

- ✓ Updates the staff expectations document for geography ensuring it is clear and concise.
- ✓ Planning – checking for coverage of knowledge, supports teachers via discussion of our whole-school progression map to adapt and make changes, if necessary.
- ✓ Learning walks and Pupil voice.
- ✓ Reviews resource provision.
- ✓ Discusses regularly with the Headteacher, the progress implementing this policy within school.
- ✓ Curriculum link governor will also visit to see 'Our Curriculum' in action.

*"Sport becomes a formative experience that helps new generations to cultivate the values of life: love for loyalty and justice, the taste for beauty and goodness, the search for freedom and solidarity".*

*Pope Francis on cultivating the values of sports*

## Ideas to be active at home...

- ✓ Visit local areas of interest to observe and participate in sport.
- ✓ Visit local parks as part of a healthy lifestyle.
- ✓ Walks in the local area.
- ✓ YouTube fitness videos
- ✓ Joining a sports club.

<https://youtube.com/playlist?list=PLyCLOPd4VxBvlsxs4yYGusHvaTq9vhN0H>

## Assessment and Feedback

Teacher's record the progress made by children against the learning objectives for their lesson by assessing if they have achieved the Key Question, KQ by highlighting this green or orange.

Feedback is given to pupils in line with our feedback policy. This is often verbal and, in the moment, to enhance pupils progression.

Written reports to parents and governors will occur annually