

ST VINCENT'S CATHOLIC PRIMARY SCHOOL



Physical Activity and Physical Education Policy

Policy Date: September 2022

Policy Review: September 2024

Mission Statement

Caritas Christi Urget Nos

The love of Christ urges us to care for each other and strive for excellence in everything we do.

St Vincent's Catholic Primary School

INTRODUCTION

St Vincent's Catholic Primary school is committed to promoting the health and well-being of its pupils and staff through physical activity. This policy outlines the organisation, teaching and management of physical activity at St Vincent's Catholic Primary school.

The policy was formulated through consultation with members of staff, governors, parents, pupils, and our school nurse and was implemented

ETHOS & ENVIRONMENT

St Vincent's Catholic Primary school strives to maximize opportunities for children, young people and all associated with the school to be physically active by promoting all avenues for activity. This includes the curriculum, environment and wider community.

PHYSICAL ACTIVITY POLICY CO-ORDINATOR

The school physical activity policy and strategy coordinator is Matthew Gibson

PHYSICAL ACTIVITY AIMS & OBJECTIVES

To ensure that all aspects of physical activity in school are promoted for the health and well-being of pupils, staff and visitors.

Our specific objectives are as follows:

1. To enable pupils and staff to understand the importance of physical activity through the provision of information and development of appropriate skills and attitudes
2. To provide and promote opportunities for staff and pupils to be physically active throughout and beyond the school day
3. To increase physical activity levels of pupils in line with national targets

EQUAL OPPORTUNITIES

All physical activity opportunities offered at St Vincent's Catholic Primary school are designed to be inclusive and cater for different ability levels.

RESOURCE PROVISION

St Vincent's Catholic Primary school has a school hall, which is equipped with portable and fixed apparatus for gymnastics and a music centre to support the teaching of dance. For the teaching of games, there is a large playground, with markings and a large pitch and field. An annual audit of all physical education equipment is conducted by the PE co-ordinator in order to prioritise any necessary expenditure for the year as well as a weekly check on more specialised equipment. Resources for games, dance and outdoor activities can be found in the shed, and planning resources can be found in the PE Co-ordinator area.

STAFF RESPONSIBILITY & DEVELOPMENT

Primary Link Teacher / Schools Sports Co-ordinator: Matthew Gibson

School Travel Plan Co-ordinator: Matthew Gibson

Our relationships with external agencies have widened within the school developing the opportunities provided for the children. Children have opportunities to take part in bikeability and with ELMS sports clubs.

CURRICULUM PROVISION

Organisation

The PE programme is taught by specialist coaches and specialist dance teachers. Each child will receive the following ACTIVE PE time per week:

<u>Foundation Stage:</u>	1 hour of dance and 1 hour lesson of PE (games, Gym)
<u>Year 1 and 2:</u>	1 hour of dance and 1 hour lesson of PE (games, Gym)
<u>Year 3 and 4:</u>	1 hour of dance and 1 hour lesson of PE (games, Gym)
<u>Year 5 and 6:</u>	1 hour of dance and 1 hour lesson of PE (games, Gym)

Planning:

The school scheme of work operates on a 2-year rolling cycle and is based on the progressive learning objectives outlined in the P.E Skills Progression document. In both key stages we teach gymnastics, dance, games, and athletics. In the Foundation Stage, activities to support learning from the areas of 'Physical Development' and 'Creative Development' in the Early Learning Goals are planned weekly.

Cross curricular links

Whilst retaining its unique contribution to a pupil's movement education, physical education also has considerable potential to contribute to much wider areas of learning. It is considered important that physical education is integrated into the school's planning for the development of pupils' communication, numeracy, PSHE and ICT skills.

Assessment

Specialist coaches with oversight from the coordinator help to identify what has been met on the skills progression which has been adapted from descriptors contained in the National Curriculum to help them provide a guide for pupils.

EXTRA CURRICULAR PROVISION

Within Class:

Brain breaks are promoted through the use of meditation, Just Dance, Yoga, workout videos and gonoodle. These help to keep children active, engaged and energetic throughout the school day.

Break times / lunch times

Children are encouraged to throw and catch at play and have access to equipment. The children are responsible for monitoring their equipment (stored within class). In addition, children in UKS2 have been trained to provide lunch time activities for their year groups using a variety of equipment. A lunchtime running club is provided for all children who want to take part. 4 and 5 is also provided once a week for those children interested in the club. Children are encouraged to use the field at lunchtime to take part in any game they wish. This is a popular option at lunch, particularly with boys. We are investing in more equipment for children who may have SEND and are not as likely to get involved in team games.

After school clubs

We aim to encourage all pupils to take part in a range of clubs and involve them in deciding the clubs we put on offer. Registers of clubs are kept identifying those who do not take part in (extra) regular exercise. Football and netball clubs are put on offer each year to prepare children for competitions. A range of other clubs are also offered; these may include netball, cricket, basketball, multisport or dodgeball.

Competition

Pupils take part in a range of intra-school and inter-school competitions organised through the School Sport Partnership; however, 2020-2021 saw a decrease in participation due to covid restrictions. These include football tournaments for each year groups, tag rugby, cross country, swimming gala, netball, athletics or Gaelic.

ACTIVE TRAVEL

Please refer to the School Travel Plan for details of how we promote travel to school.

COMMUNITY PARTNERS / LINKS:

The school is part of the Barnet School Sports Partnership.

STAFF ACTIVITY

Our staff aspire to be positive role models for our children. We aim to take part in physical activity whenever possible, for e.g., racing the children at sports day. Staff often play games with children at playtime and demonstrate physical activity during PE lessons.

HEALTH & SAFETY

Please refer to the school's health and safety policy and risk assessment file.

Use of any external personnel including sports coaches and volunteers will be in line with the school's policy on CRB / staffing checks.

MONITORING & EVALUATION

The physical activity policy coordinator will have responsibility for the monitoring of physical activity in the school. A range of measures will be used to evaluate impact of the policy in line with the above-mentioned objectives including participation data collected as part of the school sports premium requirements.

Member of staff with Lead Responsibility for this policy:	M. Gibson
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