

ST VINCENT'S CATHOLIC PRIMARY SCHOOL



Physical activity and Physical Education Policy

Next Policy Review: May 2027

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 and pupils, 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 Sandra Pereira.

PHYSICAL ACTIVITY AIMS & OBJECTIVES

Aim: 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, a fenced tennis court 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 P.E cupboard, and planning resources can be found in the PE Co-ordinator digital area.

STAFF RESPONSIBILITY & DEVELOPMENT

Primary Link Teacher / Schools Sports Co-ordinator: Sandra Pereira

School Travel Plan Co-ordinator: Sandra Pereira

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 performing arts clubs, and various sports companies who deliver both breakfast and after-school 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:

Foundation Stage: 1 hour of dance and 1 hour lesson of PE (games, Gym)

Year 1 and 2: 1 hour of dance and 1 hour lesson of PE (games, Gym)

Year 3 and 4: 1 hour of dance and 1 hour lesson of PE (games, Gym)

Year 5 and 6: 1 hour of dance and 1 hour lesson of PE (games, Gym)

Swimming:

Children in year 3 and 4 take part in swimming lessons throughout the school year to develop their ability to swim 25m with a variety of strokes and to perform self-rescue. Any children who do not meet the national curriculum expectations are offered catch-up sessions to secure their progress.

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. The wellbeing working party have worked with the cultural working party to deliver whole school events such as the Lent Walk which encouraged daily physical activity and linked to our Catholic Ethos.

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

All children are encouraged to take part in the daily mile with school staff to encourage opportunities for physical activity. Children are encouraged to show a full range of physical literacy during their break times. The children are responsible for monitoring the equipment they use and ensuring they use it sustainably. In addition, children in UKS2 have been trained to provide lunch time activities for their year groups using a variety of equipment. At least one lunchtime club is run each half-term across the school by staff members. Children are encouraged to use the field and tennis court at lunchtime to take part in any game they wish. This is a popular option at lunch. We have invested heavily in new equipment such as basketball nets, football goals and playground markings to further encourage children to be active during their break time. We further encourage children who have gross motor difficulties to be involved through our provision of specialised equipment.

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 athletics, 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. These include football tournaments for each year groups, tag rugby, cross country, swimming gala, netball, athletics and Boccia. We also engage in festivals which showcase the talent the school has to offer.

ACTIVE TRAVEL

Our highlight of the year has been our weekly walk to school group which brings children, parents and staff together to walk and talk on their way to school. This is growing in popularity with families.

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

COMMUNITY PARTNERS / LINKS:

The school is part of the Barnet School Sports Partnership who help us to deliver CPD and sporting opportunities for our children.

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., joining children and parents in the daily mile 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 DBS / 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. Year updates are posted on the school website [here](#).

EQUAL OPPORTUNITIES STATEMENT

In making decisions about physical activity and physical education, all staff will take into account any special educational needs, disabilities, gender, and cultural differences that may be relevant to the case and ensure that the physical environment of the school enables all students to have equal access to continuity of education.

MONITORING AND EVALUATION OF THIS POLICY

The Curriculum Committee will, in consultation with the Head teacher/Deputy Head teacher monitor and evaluate the implementation of this policy. It will be reviewed at least every 2 years to ensure it reflects current practice.

Member of staff with Lead Responsibility for this policy:	Sandra Perreira + Wellbeing group
Date for Review:	September 2027