

**To be read and understood in conjunction with:**

- Health & Safety Policy
- Teaching, Learning & Curriculum Policy
- Child Protection Policy
- SEN Policy
- Critical Incident Policy
- Attendance Procedures
- Single Equality Policy
- Foundation Stage Policy
- Behaviour for Learning Policy
- School Uniform Procedures

**Ethos**

A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically demanding activities. It must provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character, help to embed values such as fairness and respect and encourage teamwork. It will be taught following our school ethos of 'aspire, celebrate and learn within an inclusive community'.

**Aims**

In line with the national curriculum for physical education, Christ Church aims to ensure that all pupils:

- Develop competence to excel in a broad range of physical activities
- Are physically active for sustained periods of time
- Engage in competitive sports and activities
- Lead healthy, active lives

**National Curriculum Requirements**

Specific requirements differ for Key Stages 1 and 2 but overall the national curriculum requirements are as follows: Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Pupils should be taught to:

- Use running, jumping, throwing and catching in isolation and in combination
- Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending
- Develop flexibility, strength, technique, control and balance
- Perform dances using a range of movement patterns
- Take part in outdoor and adventurous activity challenges both individually and within a team
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best

Pupils should also be taught to:

- Swim competently, confidently and proficiently over a distance of at least 25 metres
- Use a range of strokes effectively
- Perform safe self-rescue in different water-based situations

**Roles & Responsibilities**

- The PE Specialist will teach classes, clubs and give support to class teachers. They will also provide details of the inter-schools festivals and competitions and organise selections and practices in conjunction with the Sports Coordinator and Accompanying Teacher. Their remit will also include Able, Gifted and Talented (AG&T) in sport identification and the signposting of opportunities for those children.

- The Sports Coordinator will ensure the sports festivals and competitions are publicised in good time and that Accompanying Teachers have all the resources and kit required to successfully accompany teams to events.
- The PE Curriculum Coordinator will monitor the delivery of the national curriculum. They are to ensure that sports equipment is maintained in good order. They are also to liaise with the swimming pool staff to ensure that lesson content reflects this policy.
- Accompanying Teachers will be nominated for each inter-schools competition at the beginning of the school year. They are to follow the procedures at Annex A and ensure the competition is well publicised both beforehand and afterwards.
- Class teachers are to ensure the National Curriculum is delivered and training undertaken as necessary.
- Specialist Swimming teachers are employed to teach all aspects of the swimming lessons including specific requests from the Sports Coordinator.
- Sports Ambassadors are selected from pupils in Year 6 (1 x girl & 1 x boy). Their role is to promote PE and sport at school and to represent Christ Church at specific cluster sports events.
- Sports Leaders will be appointed from Key Stage 2. They are responsible for organising and leading Huff and Puff activities.

### **Delivery**

#### **Curriculum PE**

- Every class will have a minimum of two hours timetabled PE per week
- Swimming will be taught in Year 3 for a period of 6 weeks. The year group will be split into three groups; non-swimmers, novice swimmers and competent swimmers. The competent swimmers will concentrate on learning new water skills.
- Sports Day will be held annually and will comprise competitive track races, throwing and jumping for those pupils who wish to enter and a team sports afternoon where every child will be expected to participate.
- Inter-house sports competitions will be held in competitive team sports throughout the year.
- Participation in sports festivals, for example tag rugby and rounders, will be undertaken by nominated year groups and every child in the year will be expected to participate. The emphasis will be on participation only.
- Participation in inter-school competitions, for example football, cricket, netball, swimming, tag rugby and athletics, will be undertaken with the emphasis on winning. Pre-competition preparation will include:
  - Practice – Practices will be organised by the PE Specialist prior to each competition. All children wishing to be considered for the school team should attend.
  - Selection- The team will be selected by the PE Specialist at an organised trial. Children unable to attend the trial may be included in the team at the discretion of the selector.
  - Procedures for Accompanying Teachers are laid out in Annex A and include travel, warm up, substitutions, hydration, parent assistance and kit specific to the competition they are attending.

#### **Extracurricular PE**

- Lunchtime sports clubs will be provided when funding allows, currently these are funded by FOCCS. Qualified staff are employed and any child can turn up and join in at the appropriate session.
- Huff and Puff are games and activities provided at lunchtime for the whole school. Sessions are organised by the Sports Leaders.
- After school clubs are provided in a variety of sports, depending on demand, and qualified staff are employed to run them.
- Children are encouraged to walk to and from school whenever practical and in accordance with the School Travel Plan.

#### **Rewards**

- Incentives to reward teamwork and individual performances will be as follows:
  - House points which will culminate in the presentation of the House Cup following Sports Day
  - Individual certificates
  - Recognition of performances at Collective Worship

#### **Inclusion**

- Wherever possible there will be no differentiation between the physical education delivered to girls and boys. Christ Church will, where possible, ensure stereotyping in the sports field is challenged. Special consideration in class PE lessons will be given to SEND and AG&T in sport pupils. All pupils will be expected to participate in class

PE lessons unless a letter from a parent/carer to the contrary is produced. Class teachers will use their discretion when a child has unexpectedly become unfit for PE.

### **Kit**

- In PE lessons PE kit, in accordance with the school uniform policy, is to be worn. Children without their PE kit will be expected to wear school kit from a central pool unless a letter is produced from parents/carers to the contrary.
- Jewellery must not be worn. Earrings that cannot be taken out must be taped up.
- Competition kit will be provided by Christ Church and it must be returned washed and in good order within one week of use.
- One piece swimsuits and trunks are to be used for swimming, beach shorts are not acceptable. Long hair and fringes are to be tied back and/or pinned securely off the face.

### **Assessment & Monitoring**

- Assessment of pupil progress will be made as follows:
  - Teacher assessments
  - Self assessments
  - Personal times and distances
- Implementation of this policy will be monitored by the PE Specialist, Sports Coordinator and the Governors' Curriculum and Inclusion Committee.

### **Communication**

- To encourage as much participation in physical activity as possible, communication to parents and children must be clear and accurate.
  - Letters for festivals and competitions will be sent home giving as much notice as possible.
  - Post match and festival reports will be published in the newsletter/website and featured in Collective Worship.
  - Reports and photos will be put up on the sports notice board/website.
  - Individual and team sports achievements will be publicised in the newsletter/website.