



### 'Growing Together Following Jesus'

#### Physical Education Curriculum Statement

This Physical Education policy is set within the context of the whole school aims and mission statement:

#### Our Curriculum

At St Anthony of Padua we recognise the importance PE plays in the curriculum and are committed to providing all children with opportunities to engage fully in Physical Education. The aim of our PE programme is to develop children's basic physical competencies, build confidence in their ability and build the foundations for a lifelong love of sport, physical activity and a healthy lifestyle. PE lessons encourage children to compete against themselves and others whilst being challenged to improve their physical, social, emotional and thinking skills. These skills are embedded in the heart of our planning.

Our objectives in the teaching of PE align with the National Curriculum in that we aim to ensure 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

This begins in EYFS, during which children are introduced to PE through the physical development strand of the curriculum. We relate the physical development of the children to the objectives set out in the Early Learning Goals and we aim for the children to be at the expected level for their age by the end of Reception. We encourage the children to develop confidence and control of the way they move, and the way they handle tools and equipment. We give all children the opportunity to undertake activities that offer appropriate physical challenge, both indoors and outdoors, using a wide range of resources to support specific skills. From Reception and throughout Key Stages 1 and 2 the children progress through the Get Set 4 PE Curriculum. This scheme of work enables pupils to meet the requirements of the EYFS Statutory Framework and the National Curriculum.

#### Our Delivery

Our PE lessons are planned using the Get Set 4 PE platform, which aligns with our core values, our whole child approach to PE. Get Set 4 PE is planned so that progression is built into the scheme which ensures our children are increasingly challenged as they move up through the school. The curriculum planning in PE is carried out in three phases (long-term, medium-term and short-term). The long-term plan maps out the PE activities covered in each term during the key stage.

The PE subject leader maps this out in conjunction with teaching colleagues and pupils in each year group. Together we create a broad and balanced curriculum that is exciting for our children to learn through. Our medium-term plans give details of each unit of work for each term. These schemes of work provide an overview of the unit, links to other areas of the National Curriculum and assessment criteria for that unit. The short-term lesson plans provide opportunities for children of all abilities to develop their skills, knowledge and understanding in each activity area. As evidenced in our progression map, the skills are taught within each year group and develop year on year to ensure attainment targets are securely met by the end of each key stage.

As a school, we work closely with the Local School Sports Partnership who provide us with CPD, as well as opportunities from specialist mindfulness instructors, Power PE which is aimed at increasing confidence in PE, play leaders and balanceability lessons. We have links with many local clubs: local football, dance, judo, cricket and tennis clubs. Two hours of PE is delivered by class teachers each week with support provided by TAs where necessary. We have extra-curricular clubs including football, dance, athletics, judo, netball and multisports.

The implementation of this ensures a broad and balanced coverage of the curriculum requirements, and enables children to know more and remember more. Lessons incorporate a range of teaching strategies from independent tasks to paired and teamwork. This variety means that lessons are engaging and appeal to those with a variety of learning styles. Guidance is provided to allow each lesson to be adapted so that all children can access the required learning. The progress pupils make PE is closely monitored through both formative and summative assessment opportunities.

### **Swimming:**

Children are taught swimming in Years 4, 5 and 6. As a school our aim is that all children can swim 25m confidently, competently and proficiently by the end of Year 6 using a range of strokes. It is also expected that children are able to perform safe self-rescue in different water based situations.

### **Equality of Opportunity:**

All pupils have equal access to our Physical Education Curriculum. The SLT, Class teacher and Support Staff at St Anthony of Padua Catholic Primary school are responsible for ensuring that all children have access to the whole curriculum and make the greatest possible progress. Where appropriate, work will be adapted to meet pupils' needs and, if appropriate, extra support given. Pupils will be given suitably challenging activities. Gender and cultural differences will be reflected positively in the teaching materials used.

### **Health and Safety:**

We recognise that participation in PE and Physical Activities contains an element of risk. Staff are responsible for ensuring that they are familiar with safe practice to reduce the element of risk to the absolute minimum within their control. Staff are aware of pupils who have special needs with regards to physical activity and make special provision for needs where appropriate e.g. physical disability, asthma. Staff know about the safe practices involved in moving and using apparatus.

Pupils wear appropriate clothing, remove jewellery and tie back long hair. If the removal of jewellery or studs is not possible they should be securely taped and the teacher is confident this strategy is effective. Pupils may be asked to remove shoes when participating in indoor activities such as gymnastics, dance and mindfulness. Correct use of equipment is taught along with any potential hazards, including completing a risk assessment for each area/ space that PE and school sport takes place in. Equipment and apparatus are stored safely at the end of each lesson. Pupils are taught to consider their own safety and that of others at all times. Teaching staff should be appropriately dressed to teach PE. We undertake an annual Risk Assessment of the school premises and areas where PE is taught and equipment including PE equipment (PE Lead) as necessary.

### **Our Children**

Pupils should leave St. Anthony of Padua with a range of skills to enable them to succeed in their secondary education in relation to their Physical Education.

It is expected that children will:

- 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