



'Loving to Learn – Learning to Love'

St Louis Catholic Academy Physical Education Policy

Approved by the Committee/Governing Body	10 th May 2024
Signature of Chair of Governors	<i>Bethan Byrne</i>
Signature of CEO OLOW	
Review date	September 2027

Introduction

St Louis Academy is committed to the following:

Children and Young People (5 to 18 years):

“Children and young people should engage in moderate-to-vigorous intensity physical activity for an average of at least 60 minutes per day across the week. This can include all forms of activity such as physical education, active travel, after-school activities, play and sports.

Children and young people should engage in a variety of types and intensities of physical activity across the week to develop movement skills, muscular fitness, and bone strength.

Children and young people should aim to minimise the amount of time spent being sedentary, and when physically possible should break up long periods of not moving with at least light physical activity”. (UK Chief Medical Officers' Physical Activity Guidelines, 2019).

POLICY AIMS

We aim to:

- promote physical activity for children and staff of all ages and abilities
- provide a range of physical activities throughout the day
- encourage enjoyment of physical activity
- develop a shared understanding of the importance of physical activity throughout life

To achieve these aims we will provide:

- 2 hours of weekly high quality physical education in KS2 and school sport in which a broad and balanced programme is delivered
- 2 sessions of weekly high quality physical education in KS1 school sport in which a broad and balanced programme is delivered
- quality physical activity opportunities both within and outside of curriculum time which:
 - a) considers the needs and interests of all pupils
 - b) promotes positive attitudes towards participation in physical activity
 - c) enables pupils to develop a full range of basic movement skills
 - d) increases pupils' knowledge and understanding of the importance of physical activity
- e) provides opportunities to increase pupil participation in physical activity both within and outside of curriculum time
- f) provides relevant in service training opportunities and, where appropriate, qualifications for all those leading physical activity sessions; both inside and outside the curriculum
- g) supplies adequate resources and funding for all elements of physical activity
- h) ensures safe and stimulating areas in which pupils can play and be active
- i) links with professionals and clubs in the community to help develop physical activity pathways for pupils beyond the school
- j) provides accurate data through monitoring pupils' levels of involvement inside and outside of school
- k) provides opportunities to encourage all staff and governors to participate in physical activity

RATIONAL

- We are committed to providing an environment in which children are given opportunities to participate in a range of enjoyable physical activities from an early age so they will be more likely to continue being physically active throughout the rest of their lives.
- We believe that physical wellbeing is an important asset in our modern world. It is physical activity that equips our pupils with strength, mobility, stamina and perhaps more importantly good physical health through appropriate health related exercise.
- While we recognise that P.E provides opportunities in a diverse content for all children to find a sporting discipline they enjoy, we believe organised sports for children should complement, not replace; free play and recreational sports. We believe that walking or cycling to school and active lunch and playtimes are all part of physical activity.

RELEVANT POLICIES

Equality of Opportunity Policy

All pupils in the school, including those with any additional educational needs, are entitled to a comprehensive programme of physical activity which includes fulfilling National Curriculum requirements and offering other extra-curricular opportunities, to ensure that every child is given the greatest possible opportunity to reach his or her full potential. We will adapt our environment and resources to the individual and diverse needs and interests of all our pupils enabling them to fulfil their potential.

Physical activity provision at St Louis Catholic Academy is developed appropriately to provide a variety of teaching, learning and organisational approaches, to ensure that:

- tasks are matched to pupils of different abilities, needs and interests
- challenges are balanced with the likelihood of success
- all pupils make progress

Adults Other Than Teachers Guidance

All adults other than Teachers/Teaching Assistants involved in curriculum or out of hours learning activities, including lunch times, playtimes and after school, will be appropriately trained and monitored in accordance with AfPE (The Association for Physical Education) /DfES (2004) guidance entitled 'The Use of Volunteers and Sports Coaches in Physical Education and School Sport'.

Health and Safety Policy

Teachers have an additional duty of care in Physical Education, due to the nature of activities and resources involved. Pupils must be made aware of all safety issues related to Physical Education, including the assessment and management of risks.

When teaching physical activity adults need to:

- Refer to the county, and school Health and Safety policies
- Refer to potential risks involved with activities in their planning documents e.g. use of apparatus, hard balls and bats. Any damaged equipment or gymnastic apparatus is reported to the PE subject leader /head teacher and removed and/or labelled and not used.

- Encourage the safe handling of apparatus and equipment at all times.
- Teach pupils how to act to control risks themselves in order to carry out tasks safely.
- Receive basic First Aid training before teaching swimming. Staff must refer to the separate Swimming Pool Safety Guidelines.

The warm up is an integral safety element of every lesson. It will involve:

- a) mobility exercises to prepare the joints;
- b) pulse raising activities to prepare the cardiovascular system;
- c) stretches to prepare the muscles and associated ligaments/connective tissue.

The warm up should be gradual and sufficient to increase muscle/core temperature without causing fatigue or reducing energy stores. Aerobic activity which incorporates mobility of the joints should be completed prior to stretching.

Within Physical Education teachers must adhere to the school accident and emergency procedures.

St Louis Catholic Academy, as part of Suffolk LEA, adopts afPE Safe Practice:in Physical Education, Sport and Physical Activities as its policy on Health and Safety, which is subsumed into the county health and safety manual. For guidance on health and safety around the school and its grounds, refer to the Health and Safety Policy.

PE Policy and Curriculum

We follow the Cambridgeshire Scheme of work All year groups cover a progress programme in: Dance, Games and Gymnastics.

In addition, Key Stage 1 also covers Multi Skills

In addition, Key Stage 2 also covers Athletics and Outdoor Adventurous activities (through a residential trip).

The majority of assessment evidence will be collected through observation and listening to pupil answers, discussion and evaluation. The teaching/learning activities and the organisation of those activities provide the necessary assessment opportunities. Children's progress and learning in Physical Education are reported to parents in annual reports.

Monitoring of Physical Education will be the responsibility of the head teacher, PE subject leader and governors. Monitoring will be carried out by using:

- teachers' planning and pupil assessment;
- classroom observations;
- discussion with pupils;
- checking the storage and quality of the resources.

All children should change for PE, including into appropriate sports footwear. No jewellery should be worn during P.E. Long hair should be tied back. Staff should be dressed appropriately to teach PE.

Out of Hours Learning Programme

Out of Hours physical activities are offered at lunchtime clubs and after school clubs for both Key Stages. A wide range of after school clubs are available, for example, football, netball, tag rugby, dancing and athletics. We also support the local netball leagues, inter-school activities arranged through the School Sports

Cocoordinator and School Sports Partnership (SSP) programme and inter- school activities organised by our club coaches. Out of Hours physical activities are led by trained teaching staff, trained volunteers appropriately qualified ASL's.

At lunchtimes, a wide range of sporting and activity based toys and games are available for children in both key stages encouraging positive relationships, physical activity and development. Equipment is safely stored in an equipment cupboard. Children are not allowed access to this cupboard.

When possible, competitions are organised with other local schools. Children also participate in a range of sporting events and tournaments within the county. Links with local sports clubs are encouraged. Coaches are invited to support teacher's input during Physical Education lessons when available.

Professional Development

At St Louis Catholic Academy, we believe that:

- the professional development of the staff is a cornerstone for the continuing development and success of our school.
- all staff working at the school are entitled to a framework of support to enable them to develop effectively, confidently and competently within their role.

St Louis Catholic Academy is involved in the training opportunities offered by the SSP programme for staff and children.

Facilities and resources

Separate resources are available for curriculum PE and lunchtime sports and games.

Play equipment also offers a range of opportunities to improve fine and gross motor skills as well as hand and eye coordination e.g. through balancing, juggling and bouncing toys.

Monitoring and Review

This policy will be reviewed by staff and governors every three years.

This School policy for Physical Activity reflects the consensus of the whole teaching staff, and has the full agreement of the Governing Body. The implementation of the policy is the responsibility of all the teaching staff and the head teacher.