



Physical Education

Physical Education develops pupils' physical competence and confidence and their ability to use these to perform in a range of activities. It promotes skilfulness, physical development and knowledge of the body in action. Physical Education provides opportunities for pupils to be creative, competitive, and cooperative and face up to different challenges as individuals and in groups and teams. It promotes positive attitudes toward healthy and active lifestyles. Pupils learn how to think in different ways to suit a wide variety of creative, competitive, cooperative and challenging activities. They learn how to plan, perform and evaluate actions, ideas and performances to improve their aptitudes, abilities, preferences and make choices about how to get involved in lifelong physical activity. We seek to provide a full, varied and interesting Physical Education curriculum which challenges, engages and excites staff and pupils alike. We see Physical Education as a vital part of the education experience as a whole.

Intent

Physical education develops the children's knowledge, skills and understanding, so that they can perform with increasing competence and confidence in a range of physical activities.

The aims of PE are:

- to enable children to develop and explore physical skills with increasing control and coordination
- to encourage children to work and play with others in a range of group situations
- to develop the way children, perform skills and apply rules and conventions for different activities
- to increase children's ability to use what they have learnt to improve the quality and control of their performance
- to teach children to recognise and describe how their bodies feel during exercise
- to develop the children's enjoyment of physical activity through creativity and imagination
- to develop an understanding in children of how to succeed in a range of physical activities and how to evaluate their own success
- to develop the ability to compete
- to promote team working and good sportsmanship
- to encourage a healthy lifestyle

Implementation

Staff provide a variety of experiences and activities during the course of study and during a PE lesson if possible and appropriate, for example:

- Games
- Gymnastics
- Swimming
- Indoor and Outdoor activities
- Individual and group activities
- Problem Solving
- Communicating PE ideas to others by means such as speaking
- Listening and appraising.
- Practising and refining skills
- Using repetition in order to improve

Staff should refer to work in other curriculum areas when appropriate:

- Pupils should follow written and verbal instructions accurately.
- Safety is further enhanced by emphasis on the following:
 - The need to wear correct clothes/equipment.
 - The need to follow rules.
 - How to lift, carry, move and place heavy equipment.
 - The need for warm-up and recovery period when exercising.
 - How to swim and be safe when around water.
 - General safety rules when engaged in Outdoor Education.
- PE is taught discretely, every half-term.
- Lessons are conducted in a secure, supportive and disciplined manner that demonstrates mutual respect. Pupils learn the rules, etiquette, laws and codes for various activities.
- Staff follow schemes of work provided by a partnership secondary school.
- There are opportunities for individual and/or group activities so as pupils can express their feelings verbally and learn how to work cooperatively as well as on their own.
- Staff encourage pupils to improve in a particular sport or skill over a period of time.
- Staff adhere to the School reward systems in order to encourage pupils to achieve their full potential and experience a feeling of achievement.

- Pupils are encouraged to share their experiences/culture with others in order to enhance the quality of learning and to develop socially and inclusively.
- Staff should attempt to show the enjoyment and benefits that PE and Sport have given us. This can be done by carefully phrased comments and well-chosen resources.

Extra-Curricular Activities

At Sacred Heart we want to give children extra opportunities to develop skills within a sport they like. Extra-curricular activities/residential include:

- Bike club
- Netball
- Football
- Badminton
- Gymnastics
- Rounder's/cricket
- Year 6 trip to Amsterdam
- Year 5 trip to Borrowdale

Competitions

School games mark
P.E sports Newcastle
Catholic league
NSSA
British cycling
Sportability

Impact

Staff assess the children's progress, using a variety of methods, throughout each unit of work. At the end of each half-term, teachers input this data into the school's curriculum tracker.

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