



Love God, Love each other, Love Learning

Sacred Heart Roman Catholic Primary School and Nursery is just like a family, where everyone is welcomed respected and cared for and where Love is at the heart of everything we do.

Sacred Heart R.C. Primary School Policy for PE

LUKE 11:32 - Your eye is the lamp of your body. When your eyes are healthy, your whole body also is full of light. But when they are unhealthy, your body also is full of darkness.

CURRICULUM INTENT

Physical activity is vital in children's all-round development, enabling them to pursue happy, healthy and active lives. (Pope Francis, 04.03.20).

THE DAWN CURRICULUM is designed to allow children to endeavour, enrich and enjoy their learning.

How is PE taught?

Children receive 2 hours of PE a week. PE lessons have been mapped out by the PE subject lead and follow the National Curriculum objectives along PE passport. Each half term, children are taught PE indoors and outdoors for 2 hours a week. These PE units link with our topic for the half term where possible but are also planned to alongside key events in the year, such as teaching Athletics in the run up to Sports Day. Within each phase, children have at least 1 unit of Gymnastics, Dance, Striking and Fielding, Target Games, Invasion Games, Athletics and OAA. In EYFS and KS1, children also focus on fundamental movement skills and in KS2, children additionally focus on Health-Related Fitness. The PE subject leader has mapped out the knowledge and skills for every PE lesson throughout the school, which ensures that learning is progressive, sequential and worthwhile, to ensure the spiral model of the PE curriculum recaps and builds on previous lessons effectively. Enrichment in the form of taster days, inter school competitions and intra school competitions feature regularly throughout every academic year to support the teaching of PE, which builds resilience, ambition and achievement in this subject.

CURRICULUM KNOWLEDGE & SKILLS

Long Term Planning ensures a wide range of knowledge and skill is taught and built upon throughout the year (Appendix 1). The selection of PE for EYFS, KS1 and KS2 has been guided by the PE Passport and National Curriculum.

Progressive National Curriculum Year Group end-points are described in detail within Appendix 2 in the PE Rainbow Skills Document.

EYFS

"Physical activity is vital in children's all-round development, enabling them to pursue happy, healthy and active lives." (Statutory Framework for the Early Years Foundation Stage)
Physical Development is a prime area of learning and is particularly important for building a foundation for future learning.

In the Early Years Foundation Stage, children are taught physical development through a range of activities. The children have weekly discrete PE sessions. They also take part in gross motor and fine motor activities within lessons and carefully planned challenges and enhancements within the indoor and outdoor areas. Gross motor skill activities provide the foundation for social and emotional well-being and developing healthy bodies, as well as developing the basic physical skills of running, jumping, climbing and building physical strength.

In PE lessons, children are taught fundamental movement skills; coordination, agility, balance, running, jumping, throwing and catching. In EYFS, children focus on two units of PE per half term, mastering the basic movements and applying them in a variety of ways.

They develop these through a wide range of PE units that involve them working independently, in partners and in small groups.

Pupils will be taught through the following PE units:

- Movement skills
- Gymnastics
- Target Games
- Dance
- Balance
- Locomotion
- Athletics

KS1

In KS1, children develop fundamental movement skills; coordination, agility, balance, running, jumping, throwing and catching. They develop these through a wide range of PE units that are competitive and cooperative. The PE units within KS1 become increasingly difficult so that children can master these basic movements and apply these in a range of activities. They are challenged to acquire and practice simple tactics for attacking and defending, and perform dances using simple movement patterns. In addition to these skills, children develop their personal and social skills through PE. They learn the importance of taking turns, engaging with others, evaluating performance and being decisive. They are taught to recognise the effects that exercise has on their bodies, what makes a good performer and how to improve performance through practice.

Children are taught:

- Movement Skills
- Dance
- Invasion Games
- Athletics
- Gymnastics
- Net/Wall Games
- Target Games
- Striking/ Fielding Games

KS2

In KS2, children are taught to continue applying and developing a broader range of skills, learning to use them in different ways through specific sport-based PE units, such as tennis and handball. They return to each fundamental movement skill taught in KS1 and learn to link them to create sequences of movement. They return to Gymnastics and Dance, developing their control and technique, while performing with partners or by themselves. In KS2, pupils continue to practice skills with increasing knowledge of sporting rules, tactics and strategies for success. They can differentiate what good performance looks like, know the functions of different parts of a team and

learn how performance is optimized by using strategy in games. In Y4, children also begin their swimming lessons, which are taught in line with STA awards. At Sacred Heart, we understand the importance of swimming and water safety for our children, as we are lucky to have a range of rivers and lakes in our local area. Children attend swimming lessons throughout the Autumn term, where they are taught to swim competently, confidently and proficiently over a distance of at least 25metres (this is the length of a swimming pool). They are taught to use a range of strokes effectively (front crawl, back stroke, breaststroke) and learn to perform safe self- rescue, alongside water safety theory.

Children are taught:

- Gymnastics
- Tag Rugby
- Tennis
- Handball
- Dance
- Dodgeball
- Rounders
- Athletics
- Swimming
- Health Related Fitness
- Football
- Cricket

ENRICHMENT

Enrichment is of upmost importance at Sacred Heart, providing children with the cultural capital to build on their learning. We ensure that in every academic year, there are plenty of PE competitions, festivals and experiences offered to our children throughout school. This is in partnership with Rochdale School Games (RSGP), who we work closely with they provide a wide range of sporting events that we attend, from Dodgeball to Gymnastics. Sacred Heart offers a wide range of after school clubs which are free for children to attend. There are sports clubs frequently during the week, for each key stage, which offer children the opportunity to practice the sports and skills learned in PE lessons. These clubs are planned by the PE subject leader to complement the competitions calendar with RSGP, so children are trained to compete in their chosen sport within and between schools.

ASSESSMENT

When making termly teacher assessments, teachers use AfL of whole-class component tasks. They also pay attention to the progression of pupils through knowledge before skill and through the Rainbow Skills document (Appendix 2). A best fit judgement is made.

CHALLENGE FOR ALL

Teachers ensure that PE is at the correct level of challenge by scaffolding learning for SEND pupils and applying the principles in the GMAT policy for Gifted, More Able and Talented pupils.

How parents can help?

Encourage your child to join clubs outside of school that are linked with their favourite sports. Local clubs are linked below:

<http://www.rochdale.gov.uk/leisure-and-culture/sport-and-fitness> <https://link4life.org/health-wellbeing/find-a-club-or-organisation>

<http://www.rochdaleclsclub.com/> - Rochdale Cricket Club

<http://www.wardlevillage.info/index.php/clubs-groups?id=96> - Wardle Juniors Football Club

<https://www.rochdalerugbyjuniors.com/teams/160793> - Rochdale Rugby Union Juniors

<http://www.rochdale.gov.uk/leisure-and-culture/sport-and-fitness/Pages/martial-arts-andboxing.aspx> - Martial Arts and Boxing

<http://turnersdancestudios.co.uk/> - Dance/ Theatre School

<http://www.bethtweddlegymnastics.co.uk/venues/311-rochdaleleisurecentre> - Gymnastics

This policy will be reviewed at least every two years.

Appendix 1



PE LTP.pdf

Appendix 2

Rainbow skills