ST. JOHN'S CATHOLIC PRIMARY SCHOOL

Physical Education Policy

March 2026

Our Mission Statement

The Mission of St. John's Catholic Primary School is to grow and learn in the footsteps of Jesus by being: responsible, caring, prayerful, creative, independent, thoughtful, curious and respectful. We live our Mission by:

- Ensuring that our attitudes and values are transmitted through a curriculum that is consistent with the Catholic faith
- Delivering a curriculum that is relevant, varied, interesting, stimulating, balanced and appropriate
- Developing policies and schemes of work which recognise that R.E. is an integral part of the curriculum
- Developing sound teaching and effective classroom management
- Generating a positive attitude to learning where realistic expectations of pupils and high standards of work are expected
- Using a variety of teaching approaches that reflect the needs of individual pupils
- Participating in projects which focus on the needs of others including local and international charities.
- St. John's is a Catholic voluntary aided primary school, established by the Church to serve the parishes of St. John the Baptist, Trowbridge, St. Bernadette, Westbury and St. Thomas More, Bradford on Avon.

Purpose of Policy

This policy should be read in conjunction with the Schemes of Work and subject mapping for Physical Education and the Supplementary Guidance for Policies.

Aims

1. To promote and champion a healthy and fulfilling lifestyle by developing self-motivation to take part in physical activity outside school as recreation:

- By developing a positive attitude and interest in a wide range of physical activities.
- By raising awareness of issues regarding Health Related Fitness.

2. To contribute to the physical development of each child: size, strength, fitness, speed, gross and fine motor skills.

3. To contribute to the intellectual development of each child:

- Aesthetic appreciation and understanding of Dance and Gymnastics.

4. To help establish the individual child's self-esteem and confidence. To develop social skills (co-operating in groups, playing fairly to rules, mixing with children from other schools).

5. To ensure every child has the opportunity to take part in after school sports clubs, as well as external competitions and tournaments.

PE is hugely important and an integral part of the curriculum and wider school life at St John's. We strive to teach high quality PE through PE lessons, breakfast and after school clubs, and sporting events. Research from the NHS indicates that exercise has many health benefits such as: boosting achievement, building essential social skills and leadership skills, and teaching the importance of leading a healthy, active lifestyle. We want the children we serve to leave St John's with an excellent understanding and appreciation for the benefits of maintaining long-term health and well-being.

The P.E. Curriculum

Curriculum Framework

Teachers should use the curriculum framework as a starting point when planning their work in Physical Education alongside this, skills ladders should be used for the area of the subject.

Time Allocation: Government stipulates all children should have a "Five hour offer" of PE and Sport. This is: 2 hours of PE lessons per week in curriculum time, an additional 1 hour through clubs and extra-curricular activities on the school site and a further 2 hours through a mixture of the whole school daily mile initiative or school and community/club organised sport.

1 hour of the P.E lessons per week should be focused on the fundamental movements skills (Agility, balance and co-ordination) using the create development resources (FUNS)

2nd Hour of the P.E lessons can be based on a sport to apply fundamental movement skills. As well as learn key knowledge facts of the sport.

EYFS Should be taught to:

Moving and handling: children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. They handle equipment and tools effectively, including pencils for writing.

Health and self-care: children know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe. They manage their own basic hygiene and personal needs successfully, including dressing and going to the toilet independently.

KS1 pupils should be taught to:

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- participate in team games, developing simple tactics for attacking and defending
- Perform dances using simple movement patterns. (New National Curriculum)

KS2 pupils should be taught to:

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. 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 [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- 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.

Recording and Assessment

At the end of every term, teachers are to assess the children in their class against the National curriculum objectives. Teachers should highlight and annotate their curriculum overviews.

The following criteria should be taken into account and questions answered:

Regular absences/forgetting P.E kit

The overall physical skill and ability of the pupil.

The ability of a child to select an appropriate response to a task.

The ability to appreciate and evaluate the performances of self and others.

How well the child interacts with other members of the class. Does he/she: cooperate, dominate, and withdraw?

Is the child motivated and enthusiastic?

Does the child have any particular aptitudes or talents?

What work has the class covered in the year?

Has the child any specific problems which need to be addressed?

P.E Kit

Reception, KS1 and KS2

In the interests of safety and hygiene, teachers must insist on children changing into the following kit for PE lessons. This will ensure consistency and avoid confusion for the children:

- Yellow T-shirt or Black St Johns Logo T-shirt
- Plain black shorts or black leggings/jogging bottoms
- Plain black sweatshirt/Hooded top (with or without school logo)
- Properly fitted and appropriate sports trainers that have a good grip.

General Points

- Teachers should also wear appropriate clothing (even when specialist coaches are in to teach the lesson)
- Jewellery (except stud earrings) must be removed.
- Children should bring a note if they are unable to participate through illness or injury. Staff should be vigilant if a pattern is non-participation is established for a variety of reasons (including child protection issues).

Accidents

For minor injuries (bruises and bumps) children should be encouraged to continue where possible but sit and watch if necessary. For small cuts or grazes the teaching assistant should accompany the children to apply first aid, if a teaching assistant is not present during the lesson, teachers should stay with the child and the class and send a child for a teaching assistant. All accidents are reported in the accident book.

Medical Conditions

It is the responsibility of the teacher to take note of any medical conditions of individual children in their class (such as asthma, diabetes or epilepsy) so they can participate safely and as fully as possible. It should be noted that cold dry weather will exacerbate breathing problems for asthmatics and they should have their inhalers at hand if necessary.

Safeguarding

All adults working with children in school are checked for appropriate DBS clearance. This includes coaches working for a term at a time as well as staff working on a on- off basis or with clubs. Boys and girls, in both Year 5 and 6, are not expected to change together.

EXTRA-CURRICULAR SPORT

St John's is fully committed to providing extra-curricular sporting opportunities.

These include:

- Clubs (lunch time and after-school) available to all age groups and in a range of activities.
- Competition against other primary schools in a wide range of sports through local school arrangements.
- Friendly matches against other schools/groups.

- Exhibiting work from children inside and outside school. For example celebrating their performance in assembly or on the sports board.

LINKS WITH OTHER AGENCIES

These include:

- CSL (collaborative schools)
- Wiltshire schools partnership
- Espirit West Wilts Gym
- Bath Rugby
- Westbourne Tennis Club
- St Augustine's Catholic College
- Active Trowbridge

USEFUL RESOURCES AND LINKS

- **Primary P.E Funding**

https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/379202/The_20PE_20and_20sport_20premium_20for_20primary_20schools.pdf

- **Guidance, support and resourcing in P.E**

https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/239040/PRIMARY_national_curriculum_-_Physical_education.pdf

http://www.afpe.org.uk/advice-on-new-national-curriculum/new-national-curriculum

https://www.youthsporttrust.org/content/primary-pe-and-sport-premium

http://www.sportengland.org/our-work/children-and-young-people/primary-school-sport/

This policy has been approved and adopted by the Governing Body.

Head teacher: Mrs K O'Rourke

Chair of Governors: Mrs C Doogue

Review cycle:	3 years
Next review due:	March 2029