

Sacred Heart Sport and PE Policy

Why we do sport.

Physical education, when experienced in a safe and supportive environment, is a vital and unique contributor to a pupil's physical and emotional health development and well-being.

Physical education develops pupils' physical competence and confidence and their ability to use these to perform in a range of activities. It promotes physical skillfulness, physical development and knowledge of the body in action. It provides opportunities for pupils to be creative, competitive and to face up to different challenges as individuals and in teams. It promotes positive attitudes towards active and healthy lifestyles.

Aims

Physical education involves pupils in the continuous process of acquiring and developing skills; selecting and applying skills, tactics and compositional ideas; knowledge and understanding of fitness and health; and evaluating and improving performance. Through the programme pupils should have the opportunity to meet the physical education and school sport high quality outcomes:

- “ Learners show commitment to PE and school sport
- “ Learners know and understand what they are trying to achieve
- “ Learners understand that PE and school sport are part of a healthy, active lifestyle
- “ Learners have the confidence to get involved
- “ Learners willingly participate in a range of activities
- “ Learners think about what they are doing and make appropriate decisions
- “ Learners show desire to improve and achieve
- “ Learners have stamina, suppleness and strength
- “ Learners enjoy PE and school sport

Time Allocation

Key Stage 1

The children have 2 hours of sport. They follow units of games, gymnastics and dance.

Key Stage 2

One topic session of sport.

Swimming to be taught during lower Key Stage 2. One session weekly at the Pelican Centre.

In addition, all children have the opportunity to join in a variety of extra-curricular sports clubs run by staff and outside agencies. This gives them the opportunity to develop their skills, enjoy performance and encourage sport as part of a healthy lifestyle. Monday's dance session has been a particularly well-attended club for a few years now.

We also have a Before and After School Club of dedicated sport. This is for 1 hour (except Friday afternoons) and is supervised by a qualified sports coach.

The ATSA (Atherton and Tyldesley Sports Association) regularly hold tournaments for, among other sports, football, dodgeball and curling. Practice for these competitions is built into sports lessons and clubs. Children are selected and escorted to the actual tournament.

Enrichment

When possible the Headteacher engages outside agencies to help deliver sport education in our school. Recent trainers have included;

- Leigh Centurions
- Trainers from Elite coaching

Visits/visitors

We are currently trialing a series of 'sports trips'. Each class should have an educational trip annually to a sports venue. Two classes are visiting Wigan Warriors for the Stadium Tour this year, with visits planned for the other classes.

Year 5, of course, go to Lockerbie for an intense 3 days of outdoor activities and Year 6 have the opportunity to go 'outward bound' for 5 days at Hinning House in the Langdale Mountains.

Health Related Learning

Pupils should be taught:-

1. How exercise affects the body in the short term.
2. To warm up and prepare appropriately for different exercises.
3. Why physical activity is good for their health and well-being. Pupils should be encouraged to develop active lifestyles that can be maintained throughout adult life.

This links in with our Mental Health and Well-Being Gold Award;

G- give something back

R – relate to other people

E – exercise your body

A – appreciate your world

T – try something new

Equal Opportunities

Opportunity and provision in PE and sport activities will be planned and delivered to meet the needs of all pupils. PE experience will reflect the whole school policy on promoting equal opportunities for all pupils in terms of organisation, programme and access to resources. Differentiation should enable all pupils to achieve to the best of their ability.

Children with Additional Needs (SEN)

In the case of pupils with Additional needs, activities and equipment will be modified where necessary to enable maximum participation. Individual teachers will consult with the parent/carer with regard to the specific needs of their pupils, which will be supported where possible with due regard to health and safety.

Physical difficulties

Children who cannot in the short term be physically active such as those with injuries, long- term illness etc. should be involved in the non-performance aspects of the activity. They can work with individuals or groups helping with the evaluating and improving aspects of the tasks.

Assessment and Monitoring

The ability and progress of pupils in PE will be assessed by the teacher and used to inform further planning. Assessment opportunities will come through:

Observation
Questioning
Discussion
Performance

Assessment of pupils will provide information on:

- Overall physical ability and skills
- Ability to select an appropriate response to a task
- Ability to appreciate and evaluate performances of self and others
- Interaction and social skills
- Motivation and enthusiasm

Evaluation

This policy will be evaluated regularly in consultation with staff and following any national initiatives. A copy will be available on the school web site.

Reviewed: September 2017

Next review: September 2019