

# Physical Education Policy



## OVERVIEW

This Policy is set within the context of the School Mission Statement:

**“ I come that they may have life and have life to the full”**

John 10:10

At Holy Rosary, all children will benefit from a physical education curriculum which motivates them to succeed and participate in sport, games, exercise and other physically-demanding activities. It will offer good and appropriate opportunities for children to develop a wide range of physical skills, knowledge and understanding to promote their health and fitness. Through physical education they will have opportunities to compete in sports, games and other activities which build their character and help to embed values and qualities such as determination, endurance, perseverance, fairness and respect.

This policy is a statement of the aims, principles and strategies for implementing Physical Education throughout the whole of Holy Rosary School. Through this we will nurture children's spiritual, moral and social development within our Catholic ethos. The policy will be reviewed in line with the priorities set in the school development plan.

## OBJECTIVES

1. To help children become physically active and to help them understand the importance of physical activity in promoting a healthy active life.
2. To help children develop appropriate skills as they participate in a broad range of physical activities
3. To give children the opportunities to enjoy and engage in competitive sports, games and other co-operative physical activities, in a range of increasingly challenging situations.
4. To help children develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others.
5. To teach all children to swim at least 25m.

## STRATEGIES

1. We will use the National Curriculum for physical education to underpin our teaching and learning.
2. We will teach children how 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.
3. We will provide opportunities for children to participate in team games and competitive games which will be modified where appropriate for example, basketball, cricket, football, hockey, netball, rounders and tennis, and apply basic principles suitable for attacking and defending.
4. We will provide opportunities for children to enjoy modern educational dance and to perform dances using simple movement patterns.
5. Children will be taught to apply and develop a broad range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement.
6. Appropriate physical activities will be used develop flexibility, strength, technique, control and balance through athletics and gymnastics.
7. Children will take part in appropriate outdoor and adventurous activity challenges both individually and within a team.
8. Children will be encouraged to compare their performances with previous ones and demonstrate improvement to achieve their personal best.

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9. Before they leave school, children will be taught to swim competently, confidently and proficiently over a distance of at least 25 metres using a range of strokes.
10. Children will be taught to perform safe self-rescue in different water-based situations.
11. Teachers will assess the children's progress informally during lessons and will record this in their planning and feedback booklet. This will be updated on the insight tracking system half-termly.

## OUTCOMES

Through the Physical Education curriculum at Holy Rosary, children will develop an understanding of how to develop and improve their knowledge, skills and understanding of physical education in different physical activities and sports and learn how to evaluate and recognise their own success. They will enjoy communicating, collaborating and competing with each other as they exercise their bodies and build their skills.

Holy Rosary Governing Body will determine, support, monitor and review the school policies on Physical Education. In particular they will monitor the effectiveness of the school's policy through the school self-review processes and assess its impact.

## DATA PROTECTION STATEMENT

The procedures and practice created by this policy have been reviewed in the light of our Data Protection Policy. All data will be handled in accordance with the school's Data Protection Policy.

As such, our assessment is that this policy:

Data Audit For This Policy					
What?	Probable Content	Why?	Who?	Where?	When?
Registration Admission Staff records	Name D.O.B. Telephone Details	Details for contacting parents and staff to indicate staff closure	SLT and Administration staff	Recorded electronically on SIMS and school App	Held on file throughout the child's time at the school.  Computer retains copy of records in 'archive'.
<b>Has Few / No Data Compliance Requirements</b>		<b>Has A Moderate Level of Data Compliance Requirements</b>		<b>Has a High Level of Data Compliance Requirements</b>	
✓					

[Revised and adopted by the Governing Body on:](#) 30<sup>th</sup> November 2022

[Signed:](#) *P.Devine*

[Date to be reviewed:](#) 30<sup>th</sup> November 2024