**PE Policy**

Physical Education is the instruction of physical activity and games within schools to use fundamental movements to assist the development of physical attributes.

**PE Intent**

At Christ Church, we believe that PE should give all of the children a diverse experience of the world of sport whilst encouraging them to develop their social skills and physical attributes in a positive way. Our goal is for our children to become all round good sports people. The fundamental foundations of sport from an early age is not to be rushed so we highlight and reaffirm the importance of repetition, which is both useful and necessary. Within our curriculum we intend to deliver, PE sessions that are inclusive to every child as well as providing the opportunity to participate in a wide range of different sports that they may not have access to outside of the school. We aim to inspire children to believe in their personal ability within sports as well as enhancing their belief in their capability to have a positive impact in the world of sport from a long-term perspective.

Improve essential sports

Essential life skills/ good sports person

Life-long benefits of physical activity

**Rationale**

We believe that we were all made in God’s image and in his likeness so we aspire for all the children to develop a positive attitude in all areas of life, especially within physical education. Key skills such as resilience, group cohesion, problem solving, leadership and confidence are particularly focused on so that we have students who are growing in learning, character and responsibility alongside accountability for all of their actions. Through all sporting activity, the significance of group encouragement is highlighted so that the children develop an awareness of how they are able to fill their classmates with trust and faith, which is crucial for the progression of all pupils from a social element. The delivery of our PE lessons should inspire children to always seek the next opportunity to display their ability as a group and as an individual. Children should leave Christchurch with an in depth understanding of PE, the diversity within worldly sports and with a skillset to execute a variety of sporting movements/exercise.

Good sports people at Christ Church will have:

* The ability to acquire new knowledge and skills exceptionally well and develop an in-depth understanding of PE.
* The willingness to practice skills in a wide range of different activities and situations, alone, in small groups and in teams and to apply these skills in the chosen activities to achieve exceptionally high levels of performance.
* Physically active children
* An understanding of the importance of being physically active including the long term benefits to their health and well-being.
* The ability to take the initiative and become excellent young leaders, organising and officiating, and evaluating what needs to be done to improve and motivating and instilling excellent sporting attitudes in others.
* Exceptional levels of originality, imagination and creativity in their techniques, tactics and choreography, knowledge of how to improve their own and others’ performance and the ability to work independently for extended periods without the need of guidance or support.
* A willingness to participate eagerly in every lesson, highly positive attitudes and the ability to make informed choices about engaging fully in extra-curricular sport.

**Curriculum**

**Provision:**

Physical Activity can occur in a variety of ways at school:

* The PE programme is taught by one sports coach who is the PE coordinator at the school
* We aim for all children to participate in a minimum of 2 hours of physical activity a week
* The children will experience a wide breadth of activities including, but not limited to, striking and fielding games, net and wall games, gymnastics, invasion games, dance, swimming and athletics.
* During other sessions the children will take part in our daily mile
* Where possible to include cross-curricular links, especially opportunities for science, English, oracy and maths.
* After school clubs, breakfast clubs, lunchtime clubs and inter-school competitions
* Break times / lunch times – a range of activities both structured physical activity and unstructured play, including football, basketball, cricket, skipping, climbing equipment and free play.

**Out of School Hours Provision:**

* Breakfast club – Daily mile regularly before the start of the school day, organised games including football, basketball and cricket
* After school clubs/Mini Clubs – a range of sporting activities are run by both school staff and outside coaches.
* Competitions – children throughout the school participate in various cluster and borough competitions.
* School trips – Year 4 and 6 attend an annual residential where they are given the opportunity to take part in various outdoor adventure activities.

**Key Stage 1:**

During key stage 1, children will 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. They will be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations. The scheme of work will cater for all abilities including provision for pupils who have a particular aptitude for sport and those who face significant challenges.

Pupils will be taught a range of skills including:

* 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
* Copy actions
* Climb on equipment safely
* Jump and land safely
* Travel in a variety of ways
* Set up equipment safely
* Strike a moving ball
* Chase and retrieve a moving ball
* Dribble a ball while moving

**Key Stage 2:**

During key stage 2, children will 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 will begin to understand the importance of communication within sporting competition, as they will start to enjoy collaborate and compete with one another. They will also develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success. There are specific challenges for those who excel within PE and direct inclusion for those with special needs.

Pupils will be taught a range of skills including:

* 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, speed, technique, control and balance [for example, through athletics and gymnastics]
* 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

**PE Kit**

Children are expected to come to school wearing their PE kit. Limited PE kit is available in each storeroom for children who do not have a PE kit with them.

To ensure the safety of all children the following points must be adhered to:

* Footwear must be appropriate for the activity (trainers or plimsoles).
* Those children with missing PE Kit will be expected to use school spare kit
* At no point unless for medical circumstances school any child not be taking part in physical education.
* Black jogging bottoms and black trainers and a coloured t-shirt depending on the house that a child is in.
* No jewellery, watches or wrist bands are to be worn during PE
* Loose baggy clothing must be secured
* Girls with long hair must use hair band to remove from line of sight