



# PE Policy

Newman Catholic Collegiate  
& ST. JOSEPH'S CATHOLIC ACADEMY  
2023/2024

Accepted by Governors:

Member of Staff Responsible & Role:

1. Mrs Emily Grange, P.E Co-ordinator
2. Craig Sigley, P.E Specialist Teacher

Date to be reviewed: [July 2024](#)



## **Rationale**

At St. Joseph's Catholic Academy (part of the Newman Catholic Collegiate), the delivery of Physical Education aims to develop pupil's physical literacy whilst enhancing their enjoyment and knowledge of the Subject. Children are encouraged to participate in a broad range of activities and learn to enjoy physical activity. Schools within the Newman Catholic Collegiate will not only teach pupils physical skills but enlighten them to the numerous benefits that being physically active evokes. At *St. Joseph's Catholic Academy* (part of the Newman Catholic Collegiate) we strive to provide an engaging, strenuous, challenging and diverse Physical Education for all children.

## **Aims**

We aim to develop children's knowledge, physical literacy and understanding of P.E, enabling them to perform with increasing confidence and competence in a variety of activities. At *St. Joseph's Catholic Academy*, we also aim to foster a culture where pupils enjoy developing their knowledge of their bodies and want to improve their physical fitness. Ultimately the Newman Catholic Collegiate aims to light the spark inspiring pupils towards adopting a Healthy, Active lifestyle beyond Primary School.

## **Intent**

At St. Joseph's the intent of P.E is to inspire our children to love living a healthy life. We want our children to develop a deep knowledge and a range of skills, enabling them to sustain and enjoy a positive, active lifestyle. We will teach the key Concepts of Movement, Agility, Balance, Co-ordination, Co-operation, Competition, Sequence, Health, Fitness, Fairness and Respect. Through teaching these concepts all children at St. Joseph's will hopefully develop a broad range of skills and a love of being active!



## **Implementation**

All children at St. Joseph's will benefit from a broad, deep and progressive P.E curriculum, which matches and exceeds the expectations of the National Curriculum.

In the early years our children will start to develop the FUNdamentals of movement whilst participating in lessons with a theme which mirrors their classroom topic. This enables the children to develop their physical literacy whilst embedding the learning achieved in the classroom.

In KS1 the Physical Education curriculum changes to an activity specific focus. Children learn how the body changes during exercise whilst further developing the FUNdamentals of movement (Jog, Sprint, Jump, Hop, Weight on Hands, Balance & Co-ordination). Through the effective teaching of Physical Education, a quality and varied extra-curricular offer and structured play during lunch times, children will be competent in the FUNdamentals of movement at the completion of Key Stage 1.

In KS2 the P.E becomes both broad and deep. Children develop their Key Concepts through a variety of 'vehicles', all teaching staff receive 1 to 1 CPD with the Collegiate P.E Specialist Mr. Sigley. This enables the children at St. Joseph's to develop their knowledge, understanding and performance in P.E through activities such as Handball, Parkour, Health Related Exercise, Tag Rugby, Dance, Football, Athletics, Basketball, Gymnastics, High 5 Netball and many more.

## **Impact**

Children at St. Joseph's will develop a broad range of skills in a variety of activities. A deep understanding of how the human body works and the importance of exercise and hopefully find at least one form of physical activity that they love and will pursue for the rest of their life.



## Teaching & Learning

We use a variety of teaching and learning styles in P.E lessons. Our principal aim is to develop children's knowledge, physical literacy and understanding of P.E, we do this through a mixture of whole class teaching and individual or group activities. Teachers draw attention to good examples of individual/group performance through modelling for other children in mini plenaries. We encourage children to evaluate where appropriate, in a fashion that does not impact on how strenuous the lesson is. Within lessons, children benefit from the opportunity to both collaborate and compete with each other.

In all classes children have a wide range of ability (in all senses – physical and otherwise). Due to this, teachers provide differentiated, suitable learning opportunities for all children matching the challenge of the task to the ability of the child. This occurs through the adoption of a range of strategies:

- Setting tasks of varied difficulty, tasks are parallel in design but not the same (Pupils develop co-ordination using a large ball – small ball, over a distance of 5m – 2m).
- Setting common tasks occasionally, open ended with a variety of results (Timed events - 400m in Athletics, the VO2 max test/Bleep Test).
- Organising resources into tariffs of differing challenge ('Exceeding' pupils attempt balances from 'Level 3' resources, 'Emerging' attempt balances from 'Level 1' until proficient).
- Grouping children by ability in lessons and setting different tasks to suit an appropriate level of challenge.



## Assessment

Each year group works towards the development of key areas, these key areas are found in the supplied P.E Statements:



### Newman Catholic Collegiate P.E Statements Year 5



1. Uses knowledge of the body and exercise to improve various fitness components
2. Create, refine and repeat movements that convey a clear stimulus, performing them in an expressive manner
3. Create well executed sequences containing a variety of gymnastic components
4. Display an understanding of fair play, working well with others and leading a medium sized group
5. Use knowledge of sport specific tactics to field, defend and attack as a team following a common plan.
6. Adapt kicking, striking, throwing and catching technique to ensure success in a variety of activities (with developing accuracy)
7. Change athletic techniques with the intention of beating personal best's in more complex runs, jumps or throws (mid distance, triple jump etc)

Pre-NC	National Curriculum A.R.T
Newman A.R.T	Greater understanding of Newman A.R.T

Throughout the academic year the activities delivered should be designed to allow children to develop their performance in all of the relevant P.E Statements. *For example – A class that is only taught Gymnastics for an academic year would only develop some of the statements.*

The Assessment Tracker allows you document and monitor your pupils' progress against the P.E Statements which are linked to our Newman Catholic Collegiate Physical Education Progression Pathway:

Year Five							
Invasion Games	Dance	Accurate Replication (Gymnastics & Parkour)	Striking & Fielding	Net & Wall	OAA	Health Related Exercise	Athletics
<p>~Play competitive games and apply basic principles for attacking &amp; defending</p> <p>~Use running, jumping, throwing &amp; catching in isolation and in combination</p> <p>~Select and apply complex sport specific skills to help their team</p> <p>~Understand different tactics and follow a plan in a competitive situation</p>	<p>~Perform dances using a range of movement patterns</p> <p>~Begin to choreograph simple dance routines for pairs or small groups</p> <p>~Match dance movements with a stimulus, tempo or mood of music</p> <p>~Perform to an audience</p>	<p>~Develop flexibility, strength, technique, control and balance</p> <p>~Participate in group routines using both mirror &amp; match and canon/unison</p> <p>~Begin to experiment with basic partner balances</p> <p>~Develop ability to travel in a range of ways</p> <p>~Perform to an audience</p>	<p>~Understand different tactics and follow a plan in a competitive situation</p> <p>~Select and apply sport specific techniques at the right moment during competition (i.e. Applying the short barrier if a ball is moving quickly towards you when close)</p>	<p>~Play competitive games and apply basic principles for attacking &amp; defending</p> <p>~Use a range of shots/strokes to strike a moving ball</p> <p>~Show an understanding of using space to manipulate an opponent</p>	<p>~Take part in outdoor and adventurous activity challenges both individually and within a team</p> <p>~Participate in challenging activities outside, solving increasingly complex problems as a team</p>	<p>~List and describe some of the different types of fitness</p> <p>~Explain how muscles increase in size and power</p> <p>~Explain why it is important to warm-up correctly</p>	<p>~Develop flexibility, strength, technique, control and balance</p> <p>~Develop ability to use tactics when competing in middle-longer distance races</p> <p>~Use knowledge of technique to evaluate and improve their own performance in various runs, jumps and throws</p>

Text in Green indicates the content children are required to learn to ensure they are meeting the aims of the National Curriculum for P.E

Text in blue indicates the content our Collegiate would like our children to attempt to attain, these are a little more ambitious than NCPE but we think our children will enjoy the challenge!

[illegible]

Pre-National Curriculum	

National Curriculum age related target	





If pupils show a rate of progress and skills superior to the National Curriculum target they can be challenged to meet the more ambitious 'Newman age related target' and even go further and have a 'Greater Understanding' of and demonstration of skills for this content.

Newman Catholic Collegiate age related target	

Has a greater depth of understanding of the Newman Catholic Collegiate target	

## P.E Curriculum

Due to the flexibility provided by the new curriculum Teachers are free to select activities based on their expertise and the children's interest – provided all P.E Statements receive sufficient coverage. All teachers from Years 1-6 have been supplied with extensive Physical Education resources containing multiple Schemes of Work from a plethora of activities. These Schemes of Work should not be adhered to the letter, to ensure best practice the lesson plans should act as a guide from which teachers adapt practices to accommodate the needs of their class.

Teachers work with the School's P.E Co-ordinator and P.E Specialist to plan the activities covered throughout the academic year.

## The role of the P.E Specialist

In April 2013, the Government announced new funding of £150 million for physical education (PE) and sport. This funding should be used to improve the quality and breadth of PE and sport provision.

Funding will be allocated to all maintained and state-funded schools with primary phase pupils, including primary, middle, special and non-maintained special schools, academies and pupil referral units from 1 September 2013. A typical primary school will receive about £17,000 annually.

In 2023/24 *St. Joseph's Catholic Academy* will receive a 'P.E Sport Premium' of £17,640. Schools are free to determine how best to use this funding. Funding must



improve the quality and breadth of PE and sport provision, increasing participation in PE and inspiring the children to lead healthy, active lifestyles.

The Schools within the Newman Catholic Collegiate have pooled a percentage of this Funding, employing a Physical Education Specialist Leader of Education (Mr. Sigley) to manage and co-ordinate P.E across all 8 Primary Academies.

*At St. Joseph's Catholic Academy*, the delivery of P.E is carefully monitored in several ways. We are diligent in ensuring that all children benefit from an exciting, structured and challenging P.E offer.

Throughout 2023/2024 all the School's within the Newman Catholic Collegiate will benefit from:

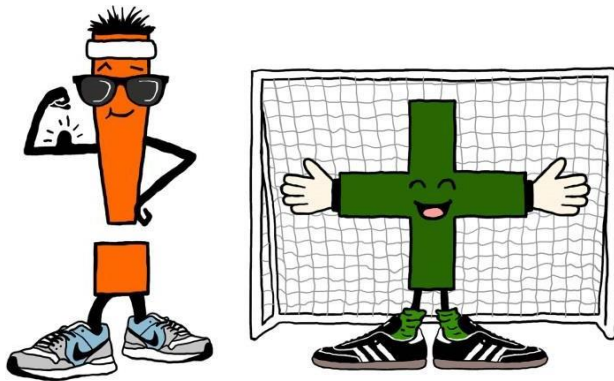
- Teachers receiving 1-to-1 CPD with a P.E Specialist in a wide variety of activities, this will continue to raise the standard of teaching and learning in P.E across the Collegiate.
- An increase in competitive opportunities in several Physical Activities.
- An increase in extra-curricular opportunities for pupils to extend their learning.
- A simple and effective assessment policy implemented throughout the Collegiate.
- An elevated focus on teaching our children the benefits of Healthy, Active Lifestyles.

The Newman Catholic Collegiate places a huge emphasis on the important role P.E and Sport plays in developing children's physical, social and mental health.

## **Cross-curricular links**

At St. Joseph's Catholic Academy, we ensure that Physical Education lessons accommodate content from other areas of the curriculum where appropriate. P.E provides numerous opportunities for pupils to apply literacy and numeracy whilst being active. On Physical Education lesson plans you may find two characters highlighting scenarios within lessons where numeracy/literacy skills could be developed.





These characters aim to raise children's awareness of when they are using numeracy, literacy or another subject in P.E

### **Extra-Curricular opportunities**

The School provides a range of P.E related extra-curricular activities for children before and after the School day. These encourage children to further develop their skills in a range of activity areas. The School sends details of the current club activities to parents and carers at the beginning of each term. The School also plays regular fixtures against other Schools (both organised through the Newman Catholic Collegiate, Tunstall Town and through the City). This introduces a competitive element to skills developed within P.E lessons. These opportunities foster a sense of team spirit and co-operation amongst children.

### **Monitoring & Review**

The co-ordination, monitoring and planning of the P.E curriculum are the combined responsibility of the P.E Specialist and the P.E Co-ordinator.

This P.E Policy will be reviewed at the conclusion of each academic year.



**Signed:** *E. Grange*

**Date:** *14.07.2023*