 Physical Education

**St Joseph’s Mission Statement**

Our school is proud to be part of the Roman Catholic Church in the parish of St Joseph’s. Our mission is to serve God, uphold the worth and dignity of every person and enable them to develop their talents. Everything we do is rooted in the values of the Gospel, as we seek to deepen faith, strengthen hope and grow in love in a respectful, safe and happy environment.

**St Joseph’s Culture Statement**

If we do nothing else today, we will show

Love, Faith and Hope.

The most important things we must ensure today, are that our children learn, are safe and are happy.

**PE clothing**

Indoor Kit: a white t-shirt, blue shorts and black pumps.   
Outdoor kit for KS2: a navy tracksuit or a navy jumper and navy pants, white t-shirt and trainers. This should be sufficient and suitable clothing to be warm and comfortable for a games lesson.

Jewellery must be removed before the lesson or children must bring plaster to cover them. Long hair should be tied back.



I can do all things through him who strengthens me.

Philippians 4: 3

**Time entitlement**

The government recommends that all Primary School children should have access to 2 hours timetabled P.E. curriculum provision per week.  In addition, extra P.E. activities can be provided through the schools before, lunch or after clubs.

**Our Physical Education Practice (Implementation)**

Throughout school we use the National Curriculum to plan objectives and have a specialist sport’s coach to support staff with teaching of Physical Education Skills.

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, badminton, 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. Pupils 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. Pupils will be encouraged to compare their performances with previous ones and demonstrate improvement to achieve their personal best

9. Before they leave school they will be taught to swim competently, confidently and proficiently over a distance of at least 25 metres using a range of strokes

10. Pupils will be taught to perform safe self-rescue in different water-based situations.

**Our Physical Education Vision (Intent)**

At St Joseph’s all pupils 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 pupils 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.

At St Joseph’s we aim:

* To help children become physically active and to help them understand the importance of physical activity in promoting a healthy active life.
* To help children develop appropriate skills as they participate in a broad range of physical activities
* 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.
* 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.
* To teach all children to swim and rescue others.

**Clubs**

Throughout the year, we provide a variety of sports clubs for children. These are run by staff and external providers. Children can access Football, Netball, Athletics, Multi-sports, Rounders, Cross Country and many more.

**Sports Premium**

Since September 2013, the government have allocated Sports Premium money to schools. Schools receive PE and sport premium funding based on the number of pupils in years 1 to 6.

The government sets out guidelines for schools on how to use the funding. St Joseph’s have used the premium money over the years to help subsidise after school clubs, provide extra swimming lessons to a year group, provide CPD opportunities to staff members, provide staff with professional development to teach PE and sport more effect across the school. the introduction of Play Leaders and resources for them, introducing the Daily Mile, to enter more competitions and increase pupil’s participation in different competitions and to embed physical activity into the school day the active teaching – Maths of the Day.

**Play Leaders**

We have a Play Leader scheme in which a group of children from Year 4 and Year 6 become Play leaders and a lead a range of activities at lunchtimes for the rest of the KS2 classes.

Our PE Curriculum

During the school year, children from Nursery to Year 6 receive coaching (from qualified external coaches) in a variety of areas, including dance, gymnastics, games etc. Children in Year 4 take part in the Swimming Programme run by Bury Council and planning is undertaken by qualified swimming instructors. The PE subject leader has devised a long term plan as guidance for teachers, to ensure balanced coverage of all areas of the curriculum.