



St Anthony's Catholic Primary School

An Academy within The Catholic Academy Trust in South Hampshire

'Children in our heart, Christ at the centre'
'We love, we learn and we live'



Name of Policy	Physical Education Policy
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Headteacher	Katrina Straker
PE Lead Governor	Michele Rix
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Physical Education Policy



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*'Children in our heart, Christ at the centre'
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The St Anthony's mission statement is 'Children in our heart, Christ at the centre. We love, we learn and we live.' To live out this mission, we are guided and led by our Catholic ethos that places the Catholic Social Teaching principles of Human Dignity and the Common Good at the heart of our school. We recognise that each of us is unique and loved by God and we are called to lead by example, as Christ did, to show respect and love to every person because each of us is made in the image of God.

Intent

At St. Anthony's, it is our intention that children are instilled with a love of physical activity and exercise, an understanding of what constitutes a healthy lifestyle and an appreciation for the interpersonal and collaborative skills so effectively taught through PE lessons - skills that will serve them well in all areas of life, not just within a sporting context. Our PE curriculum plays a vital role in the personal development of our pupils, helping them grow into confident, respectful and resilient individuals. We place high expectations on our children not only academically but also in their character and conduct, rooted in our Catholic values of community, compassion and perseverance. Through physical education, pupils learn to set goals, overcome challenges and support one another. The use of our extensive outdoor space enhances this experience, allowing children to engage in a wide variety of physical activities that promote wellbeing, teamwork and a lifelong love of movement. We want our pupils to leave us with the confidence to participate in a range of sporting and active extra-curricular activities in later stages of their educational careers and beyond, equipped not only with physical skills but also with the emotional and social readiness to thrive.

Implementation

At St. Anthony's, we follow the 'Real PE' scheme of PE planning and lessons. The OFSTED PE Research Review document produced in 2022 discusses the importance of children developing their fundamental movement skills at an early age. These skills are not sport-specific and are locomotor, stability and manipulation skills that can be applied to different game and sporting contexts. The development of fundamental movement skills is age-related rather than age-dependant, however research (Gallahue, Ozmun and Goodway, 2005) suggests that the best age for these skills to be developed in children is between three and eight years old. Therefore, a careful and thorough progression of these skills through primary school is crucial. Real PE provides this, allowing children to develop their fundamental movement skills outside of a sport-specific context. Alongside understanding the importance of developing these attributes in children, we are also aware of the significance of children being able to participate in a wide range of sports, particularly as they move on to secondary school. Therefore, we have taken the decision to take children away from the 'Real PE' programme when they reach Year 5. This is so that they are able to arrive at secondary school having plenty of experience of playing a range of sports, applying the fundamental movement skills learned to more competitive scenarios.

Numerous studies have shown the social impact that high-quality PE provision can provide for children (Bailey, 2006). PE is an important vehicle in delivering a range of inter-personal and resilience skills, as well as fundamental movement skills. This is another reason why we have chosen to use Real PE to implement high-quality PE teaching: each unit has a focus on a personal or social skill, or health and fitness related knowledge. These skills are not only applicable to PE lessons, but across the primary school curriculum and away from school as well.

Outside of PE lessons, sport, exercise and healthy lifestyle choices play an important role around the school. Each lunchtime, KS2 children participate in a mile run (UK Government 2018 Childhood Obesity Strategy), whilst KS1 children are led in a variety of small sports and games by upper-KS2 Sports Leaders (School Sport and Activity Action Plan, 2019). These Sports Leaders are used as positive role models to younger children. As well as this, regular lunchtime football matches are set up and refereed by a member of our lunchtime staff, ensuring that good sportsmanship and fair play are adhered to at all times (School Sport and Activity Action Plan, 2019).

Our children compete in competitions against other schools, with our Year 5/6 football and netball teams competing in the local leagues against other schools, with weekly matches and training sessions (The Impact of Competitive School Sport on Students, 2014).

At St. Anthony's we are also keen give children the experience of participating in sports and activities that a lot of primary school-aged children wouldn't get experience of doing. Year 3 children are taken to a local equestrian centre and are given lessons in horse-riding and stable management, whilst Year 5 pupils are instructed in tree-climbing by a company visiting the school. These activities have been implemented to broaden children's understanding of what constitutes sports and games and to inspire those children who may not enjoy more 'traditional' sports, to take up a sport or activity that they might enjoy in later life (The Impact of Competitive School Sport on Students, 2014).

Impact

The impact of the St. Anthony's PE curriculum upon pupils is measured at the end of each academic year and reported to parents. The subject leader conducts lesson observations at different points during the academic year to view the standard of teaching and to ensure that children are getting a high quality physical education.