



# ST THOMAS A BECKET R C PRIMARY SCHOOL

## PHYSICAL EDUCATION POLICY

**DATE OF LAST REVIEW:** **DECEMBER 2020**

**AGREED BY GOVERNORS:** **DECEMBER 2020**

**SHARED WITH ALL STAFF:** **DECEMBER 2020**

**FREQUENCY OF REVIEW:** **ANNUALLY**

**DATE OF NEXT REVIEW:** **DECEMBER 2021**

## OUR MISSION STATEMENT

St Thomas a Becket School is a primary school of the Roman Catholic diocese of Southwark.

The aim of the school is to offer excellence of education in accordance with the teaching of the church and to value and develop each child's potential in a community in which every member is fully respected.

We try to ensure that this is done by:

- praying together
- valuing the experiences of each member of the community
- being a caring, forgiving community
- living and working and playing together
- by encouraging the children to achieve the best of their ability

## INTRODUCTION

The school mission statement states that:

“The aim of the school is to offer excellence of education in accordance with the teachings of the Church and to value and develop each child’s potential in a community in which every member is fully respected.”

Sedentary living patterns and unhealthy dietary habits are becoming more prevalent in our society and there is strong and consistent evidence that doing regular, moderate-intensity physical activity provides a range of physical, intellectual and emotional benefits for everyone.

By participating in physical activity before, during and after school, students can gain a range of physical, social, emotional and intellectual benefits. Physical activity opportunities can be provided through health and physical education activities, sport, recreation and games.

Therefore, physical activity is an important dimension in students’ broad scope of development during their years of schooling.

It is important that children are given opportunities to participate in a range of enjoyable physical activities and good nutrition habits at an early age so they will be more likely to continue being physically active throughout the rest of their lives.

“We work with The St Thomas a Becket Family to make sure we all work together in order to achieve our goals and strive for excellence to be the best we can be”

There is no strength without working together.

## OBJECTIVES

St Thomas A Becket has developed this policy to provide school staff and the school community with guidelines on what is required to achieve maximum levels of student participation in physical activity.

To provide students the best possible physical activity experiences regardless of race, age, ability or location, so as to encourage a lifelong healthy lifestyle pattern.

- To provide a supportive environment for enjoyable participation in a wide variety of physical activities, through the development of skills and good codes of behaviour.
- To provide the safest possible environment for all participants.
- To provide for the allocation of appropriate resources and facilities.
- To provide equitable opportunities for all students to participate.
- To develop and apply skills in a cooperative manner using appropriate levels of experiences and/or competition as required.
- To provide talented and gifted students the opportunity to reach their potential and provide an age-appropriate participation pathway.
- To encourage participation in community sport and physically active recreation such as Gaelic Football at St. Paul's Academy and Indoor Sports Hall Athletics competitions.
- To encourage participation of the whole school community in supporting physically active experiences.
- To uphold and promote the Olympic and Paralympic values, as part of the London 2012 Olympic Legacy.
- To encourage and empower those less active children to take part and enjoy physical activity through Change4Life sports clubs.

## **PRINCIPLES**

Participation in physical activities at St Thomas A Becket is characterized by:

- Maximizing the educational opportunities of all students through an emphasis on access, diversity, equity and a supportive environment. An emphasis on enjoyment and fun.
- Use of appropriate modified sport, facilities and equipment.
- A suitable level of physically active experiences and/or competition according to the age, maturity and ability levels.
- A safe, healthy, challenging and physically active environment that encourages a sense of personal achievement, identity and satisfaction.
- The recognition of participation, development and improvement.

The valuable contribution that can be made by members of the school community (teachers, parents, students) as role models and supporters of the benefits of physical activity.

## **SCOPE**

This policy applies to all students attending St Thomas A Becket Catholic Primary School, regardless of race, age, ability or location and to all members of the St Thomas A Becket community (teachers, coaches, administrators, parents or guardians, volunteers).

## **ROLES AND RESPONSIBILITIES**

St Thomas A Becket has a responsibility to ensure that every student is presented with the opportunity to participate in good quality physical activity experiences to enhance their learning and development.

Coaches and teachers play a major role and other members of the school community are also encouraged to become involved in the school physical activity program.

The following roles and responsibilities encompass areas such as participation, competition, safety, community linkages, communication with parents/guardians, costs, equipment and behaviour.

## **PARTICIPATION**

Coaches, teachers and any other members of the school community involved in the school physical activity program need to:

- encourage enjoyment;
- cater for varying levels of ability by providing every student with a 'fair go';
- provide equal encouragement to all students to allow them to acquire skills and develop confidence;

Ensure the program is available to all students by catering for groups with special needs such as:

- students with disabilities/impairments;
- students from non-English speaking backgrounds; and;
- athletes with exceptional talent.

Prepare and conduct sessions based on sound coaching and teaching principles;

- set realistic standards and objectives for students;
- ensure a safe and productive environment;

- ensure consequences of inappropriate behaviour are clearly understood and promoted;
- encourage students to participate in games before, during and after school, and;
- act as a good role model of sporting behaviour.

Coaches, teachers and any other members of the school community who take on a coaching responsibility are also encouraged to:

- become accredited with the National Coaching Accreditation Scheme (NCAS) through state sporting organizations; and
- keep up-to-date with coaching developments.

## **COMPETITION**

At St Thomas A Becket provision is made for a healthy level of competition for all participants.

Competition occurs at the intra-school and inter-school level as well as on a less formal, social basis and is conducted at a level that is appropriate for the age and experience of the students.

Coaches, teachers and any other members of the school community involved in the school physical activity program need to ensure all students participating in the sport program are aware that, although everyone likes to win, participating is equally as important.

Medals and trophies won will be celebrated and placed in prominent positions, in order to share these achievements with the whole school community.

## LINKS WITH COMMUNITY ORGANISATIONS

Coaches, teachers and any other members of the school community involved in the school physical activity program are encouraged to establish closer cooperative links with sport, recreation and community organizations by: (Already Linked to St Paul's Academy ) liaising with community groups and encouraging the use of school facilities, both during and outside of school hours; and integrating their physical education and sport program with those of local sport and recreation organizations.

## SAFETY

The provision of a healthy and safe environment for students and teachers in the school is essential.

Coaches, teachers and any other members of the school community involved in the school physical activity program need to ensure the following safety issues are addressed and follow school policies where applicable.

Coaches, teachers and any other members of the school community involved in the school physical activity program also need to:

- recognize the difference between student and adult physical and emotional characteristics;
- understand the short and long-term medical conditions of students (this includes previous and existing illnesses and injuries);



- ensure that the equipment and facilities are safe and in good working order;
- enforce the use of recommended protective equipment required for a particular game or sport; provide access to appropriate first aid facilities and equipment.

### **COMMUNICATION WITH PARENTS/GUARDIANS**

Coaches, teachers and any other members of the school community involved in the school physical activity program need to:

- Inform parents or guardians of their child's involvement with the physical activity program and give them information about the program. This information should include:
  - ✓ names and contact details of all teachers/coaches involved;
  - ✓ and days, times and dates of all practices and competition games and recreational activities that involve their child.
- Provide parents or guardians with a progress report of their child's involvement in physical activity. The report should include:
  - ✓ general comments made by the student's teacher; and, where appropriate
  - ✓ specific comments by the physical education specialist on areas of identified need or ability.

Allocate time for parent-teacher interviews when the end-of-year reports are issued. A parent-teacher interview may be requested at any time during the course of the term by either the teacher or the parent

Notify parents or guardians and ask for their consent for any travel arrangements organized by the school for students participating in any physical activity including sporting events.

## **BEHAVIOUR**

Students, coaches, teachers and any other members of the school community involved in the school physical activity program need to:

Ensure students are aware that their behaviour is expected to be consistent with behaviour expected at school or home, before, during and after any sporting event or recreational activity.

Manage students who fail to comply with the above codes of behaviour as set out in the school's 'Behaviour Management' policy. We will continue to encourage and praise positive responses, hard work and resilience..

## **SPECTATORS**

It is just as important for spectators to behave in an appropriate manner at any physical education or sporting event.

Coaches and teachers need to:

- Provide guidelines/expectations of behaviour to spectators and parents and other members of the school community and arrange an

information session about codes of behaviour at the beginning of the year for parents.

- Provide information sessions about codes of behaviour for parents and other members of the school community to discuss specific issues and receive positive education about their child's sporting experiences.

## **EQUIPMENT**

Coaches, teachers and any other members of the school community involved in the school physical activity program need to ensure all equipment used is appropriate for the age group and be in good condition, as well as educate students on how to correctly and effectively use the equipment available. Students who fail to use the equipment for its correct purposes run the risk of losing their privilege to use it at all.

## **UNIFORMS**

Children enjoy the feeling of being part of a team, and, where possible uniforms should be provided. They should be clearly labelled.

Coaches and teachers need to:

- Inform parents and guardians whether uniforms will be provided by the school or whether they will need to be supplied by the student. If students cannot afford to purchase items of a particular uniform, an arrangement will be made between the school and family concerned.

## **PHYSICAL ACTIVITY PROGRAM**

This policy acknowledges that physical activity can occur in a variety of ways

at school. Activity may be formal or informal, part of the school curriculum or extra-curricular. Physical activity may be categorized under the following headings.

The following physical activities are provided at St Thomas A Becket.

## HEALTH AND PHYSICAL EDUCATION

Health and Physical Education is a key learning area. It is an important dimension in a student's broad scope of development during their years of schooling.

The Health and Physical Education Years 1 to 6 Syllabus (p1) states that this key learning area "offers students opportunities to develop knowledge, processes, skills and attitudes necessary for making informed decisions about:

- promoting the health of individuals and communities;
- developing concepts and skills for physical activity; and
- enhancing personal development."

At St Thomas A Becket we conduct health and physical education for each class for on 2 days per week.

Activities include:

- gymnastics
- dance
- games
- swimming
- outdoor and adventurous activities.

## **INTRA SCHOOL SPORT**

Intra-school sport encompasses annual all-day or evening events such as swimming athletics and cross-country carnivals. Dates for these events are set on the school calendar.

Other intra-school activities may be house-based lunchtime or sport afternoon competitions. It is encouraged that staff and community members be involved in these events.

At St Thomas A Becket's we offer:

- Netball
- Football
- hockey,
- gaelic football
- tag and touch rugby
- basketball
- swimming
- athletics
- cricket
- rounders
- tennis and
- grounds clubs

## **REPRESENTATIVE SPORT**

Students have the opportunity to gain representative selection in a number of sports throughout the year.

## **SCHOOL SPORTS DAY**

School sport days at St Paul's Academy consist of students participating and competing in various sporting activities.

The students are encouraged to have fun and develop their physical skills, perseverance, determination and resilience.

## **ACROSS THE CURRICULUM**

At St Thomas A Becket teachers are encouraged to incorporate physical activity across their teaching and learning program. Examples include:

- using throwing and catching to investigate measurement and evaluation;
- throwing a ball and measuring the distance of each throw and why a ball curves in the air;
- using the mathematical process to mark out running tracks or school gardens.

## **PHYSICAL ACTIVITY AND LEADERSHIP**

By participating in physical activity either through physical education, sport, or general play in the playground, students learn many leadership qualities (e.g. team work, cooperation and understanding). These opportunities are linked to the overall school program for students and are offered during: lunchtimes, school sport days, clubs, and tournaments.

## ASSESSMENT

The PE Curriculum Framework will serve as a record of the broad topics covered in each activity area for subsequent teachers to refer to. In line with overall school policy, teachers should make notes of significant achievement. During swimming lessons distances achieved and National Swim Awards passed should be noted and celebrated within assemblies. However end-of-year reports should remain firmly focussed on qualitative judgements based on observation of achievement and progress made.

# PHYSICAL ACTIVITY POLICY

YEAR 3/4 & 5/6

## NON-PARTICIPANTS IN PE - OBSERVATION SHEET

Name: \_\_\_\_\_

During the PE lesson, answer the following questions by observing the activities that occur. You will need to use the back of this sheet to record some of your answers.

1. The reason I am not taking part in PE today is:
2. Where did PE take place today? \_\_\_\_\_ (indoors/outdoors).
3. Write down the warm-up activity/activities done during the beginning of the lesson.
4. In today's lesson we are learning about: (indicate names of activity area, skills, etc).



5. Does the activity seem easy to learn/play? On the back of this sheet, explain in your own words why or why not?

6. Pick one person to watch throughout the lesson. Do not identify them by name. On the back of this sheet, describe some of the things they are doing best.

7. What do you think they need to improve most? How might they achieve this?

8. On the back of this sheet, write a short paragraph about what you know about today's activities. Tell about strategies and/or skills involved in the activity, if you have played it before, your like/dislike for the activity.

9. What are some things you can do next time so that you can participate in PE?