



St Mary's  
Catholic Primary School and Nursery

## **PE AND SPORTS PREMIUM POLICY**

### **INTRODUCTION**

PE and Sport Premium funding was introduced in March 2013 to improve the provision of physical education and school sport in primary schools across England.

Schools must use the funding to make additional and sustainable improvements to the quality of PE and sport offered. It can be used to:

- develop or add to the PE and sport activities which are already offered
- build capacity and capability within the school to ensure that improvements made now will benefit pupils joining the school in future years

There are 5 key indicators that schools should expect to see improvement across:

- the engagement of all pupils in regular physical activity - the Chief Medical Officer guidelines recommend that all children and young people aged 5 to 18 engage in at least 60 minutes of physical activity a day, of which 30 minutes should be in school
- the profile of PE and sport is raised across the school as a tool for whole-school improvement
- increased confidence, knowledge and skills of all staff in teaching PE and sport
- broader experience of a range of sports and activities offered to all pupils
- increased participation in competitive sport

### **AIMS AND OBJECTIVES**

Physical Education provides opportunities for ALL pupils to be creative, competitive, and cooperative and face up to different challenges as individuals and in groups and teams. It also promotes positive attitudes towards healthy and active lifestyles. It promotes skill, physical literacy and knowledge of the body in action. For Children between the ages of 4-11 it is vital that PE is taught correctly and seen as being as just as important as the 'Core' subjects.

The main objective of teaching Physical Education at St Mary's is to promote a full, varied and interesting curriculum which challenges, engages and excites staff and all pupils. We also aim to help children:

- develop competence to excel in a broad range of physical activities

- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives
- to appreciate the importance of safe practice in physical activity

## **CONVENTION ON THE RIGHTS OF THE CHILD**

Human rights are a set of basic things that every human being should have, like the right to be free, the right to say what you think, the right to an education and the right to be treated with dignity and respect.

The Convention on the Rights of the Child (UNCRC) is a human rights treaty (agreement) that was agreed by the United Nations in 1989. It gives children and young people all over the world over 40 major rights.

These rights include the right to a family life, the right to be protected from all types of violence, the right to be healthy, the right to have a say and to be taken seriously, and the right to have an education that helps you grow as a person. The UNCRC gives extra rights to children living in very difficult circumstances, including children in trouble with the law, and refugee and asylum-seeking children.

At St Mary's Catholic Primary & Nursery School, Crewe we aim to honour and fulfil The United Nations Convention on the Rights of the Child. This guidance refers directly to the articles.

## **TEACHING AND LEARNING**

We base the teaching on the guidance material in the DFE programme of study for Key Stages 1 and 2. All class teachers and HLTAs teach core PE lessons.

We use a variety of techniques to encourage the children to engage actively in the curriculum. Teachers and HLTAs employ teaching methods and resources that will allow all pupils to have equal access to PE and to experience success and enjoyment in their PE work.

PE Lessons are as entertaining and enjoyable as possible because we realise that this approach serves to develop a positive attitude in pupils. We build pupil confidence through constant praise for any contribution they make, however tentative.

## **TEACHING AND LEARNING**

Skills are taught through structured PE lessons which are boosted by a wide variety of free and paid extra-curricular activities offered throughout KS1 and KS2. These activities are carried out by our own teachers and also by highly skilled coaches who, with their skill and enthusiasm,

ensure that sport is enjoyed by all. PE is carefully planned against NC objectives, and each pupil assessed regularly.

Our multi use games area ensures that outdoor PE can be taught safely and complements the quality of PE lessons taught at St Mary's.

We teach the four elements of PE which instil knowledge, skills and understanding:

**1 Acquiring and developing skills**

To consolidate their existing skills and gain new ones

To perform actions and skills with more consistent control and quality

**2 Selecting and applying skills, tactics and compositional ideas**

To plan, use and adapt strategies, tactics and compositional ideas for individual, pair, small-group and small-team activities

To develop and use their knowledge of the principles behind the strategies, tactics and ideas to improve their effectiveness

To apply rules and conventions for different activities

**3 Evaluating and improving performance**

To identify what makes a performance effective

To suggest improvements based on this information

**4 Knowledge and understanding of fitness and health**

To know how exercise affects the body in the short term

To warm up and prepare appropriately for different activities

To understand why physical activity is good for their health and well-being

To why wearing appropriate clothing and being hygienic is good for their health and safety.

Staff continue to provide a variety of experiences and activities during the course of study and during a PE lesson, for example:

- Games
- Gymnastics
- Swimming (*KS2 only*)
- Indoor and Outdoor activities
- Individual and group activities
- Problem Solving
- Communicating PE ideas to others by means such as speaking, listening and appraising.

REAL PE is used across the school which ensures a progressive and tracked learning journey through fundamental movements. This approach allows all children to attain a level of physical literacy ensuring success in sport and a range of skills that can be applied to their lives.

REAL PE is offset by a rich variety of sport specific units which weave competition and enjoyment of sport throughout them.

## **INCLUSION**

PE is taught to all pupils, regardless of their ability and provides a broad and balanced education for all. It encourages pupils to make a positive contribution to the school and wider community by respecting others and working together. Pupils also develop team skills, which contribute to their future social and physical well-being. PE promotes academic learning, self-esteem, social interaction, team work and life skills such as how to win and lose with dignity. Active pupils develop a longer attention span during lessons which leads to improved concentration. St Mary's takes part in an inclusive sports day run by Crewe and Nantwich School Sports Partnership as well as ensuring that our own Sports Days provide inclusive sporting opportunities.

## **STAFF DEVELOPMENT:**

Over the last three years staff have developed their teaching standards by teaching and planning alongside Premier Sport coaches and dance teachers. This has resulted in an increase in confidence and enjoyment of PE and dance for staff and children alike. Expertise is shared in team and whole staff meetings to ensure a legacy of High Quality PE is embedded across our school.

## **EXTRA-CURRICULAR ACTIVITIES**

St Mary's provides a wide variety of extra-curricular clubs for all abilities and economic backgrounds using staff expertise, outside agencies and local clubs and organisations. Details of our current provision can be found on the Parent/Carer section of the school website ([www.stmaryscrewe.co.uk](http://www.stmaryscrewe.co.uk)).

## **MONITORING AND REVIEW**

Teaching and learning is monitored in the same way as all our other lessons. The use of the Sport Premium funding is reported to the governing body and subject leaders have the responsibility of monitoring the success of the teaching and learning of PE throughout St Mary's.

## **REVIEW DATE SPRING 2018**