

## **Golborne St. Thomas' C of E J & I School**

### **PE Policy**

#### **A journey in faith, arriving with hope.**

##### **St. Thomas' School vision:**

**To ensure the children are highly valued by all members of the school community.**

St. Thomas' creates a culture of high aspirations by making the school the heart of the community. We aim to develop a culture of curiosity and creativity by unleashing our children's God-given potential to make a difference in our locality and beyond.

Our parents, staff and governors see and understand the individual talents of each pupil and the opportunities provided. We openly celebrate and reward children's successes and achievements.

**To inspire all children through a broad, balanced and engaging curriculum enabling every child to succeed.**

We create an ethos where everyone is an explorer and an active participant. Children are challenged and encouraged to thrive in all areas. Our aim is to nurture talent and ensure children are equipped to live life in all its fullness.

Children experience a wide range of high-quality lessons and enrichment activities daily. We recognise that children are naturally curious; therefore child-led learning is developed through their questions.

**To nurture children's wellbeing to ensure healthy mind, body and spirit.**

At St. Thomas' values are at the heart of all we do. We provide a safe, supportive environment which empowers children to grow and develop their self-worth, self-esteem and self-respect. Our unique learners are resilient and are willing to take big risks to make big leaps.

Values are actively promoted, modelled, and celebrated by all. Our inspiring curriculum and pastoral care teach children the importance of healthy lifestyles: physically, mentally and spiritually.

### **PE Policy**

At St Thomas Primary School we aim to instil a passion for PE and sports to ensure that every child can be the best they can in their PE lessons, sport, and active playtimes. Through physical education and sport, we aim to teach our pupils new skills and show them how to improve in a fun, safe and stimulating environment. By providing a wide variety of opportunities both in school and off site, our pupils will become healthy, confident through raising self-esteem and active young people ready for the next stage of their lives. We strive to give children the opportunity to compete internally, and with other schools to instil values of determination, respect, friendship, courage, equality and inspiration.

### **PE at Golborne St. Thomas'**

Our objectives are:

- To include all pupils in physical activity and give them the opportunity to reach their full potential regardless of ability, age, gender, cultural or ethnic background.
- To increase pupils' participation in and enjoyment of physical activity within and outside the curriculum meeting the Government's recommendation.

- To develop skilful use of the body, the ability to remember, repeat and refine actions and to perform them with increasing control, co-ordination and fluency.
- To develop an increasing ability to select, link and apply skills, tactics and compositional ideas.
- To develop the concept of fair play by having positive attitudes towards understanding and applying the conventions and rules of competition .
- To improve pupils' health and develop an understanding of the importance of activity in maintaining a healthy lifestyle by taking ownership of their own fitness levels through a variety of different personal best challenges.
- To develop pupils' ability to use what they have learnt to improve the quality of their performance and to know how to evaluate their own and others' success.
- To allow pupils to work in environments which are safe, familiar, different and challenging and to be concerned with their own and others' safety in all activities.
- To develop the ability to work both independently and co-operatively; to communicate with and respond positively towards others whether as participants, team members, organisers or spectators.
- To provide opportunities for cross curricular learning within PE lessons.

### **Teaching and Learning**

The Government recommends that two hours of high-quality PE a week, swimming is taught during key-stage 2, and opportunities for all children to join in a variety of extra-curricular sports clubs run by staff and outside agencies. This gives them the opportunity to develop their skills, enjoy performance and encourage sport as part of a healthy lifestyle. During PE lessons, children should remain physically active for at least 10 consecutive minutes by the end of KS1, and 20 consecutive minutes by the end of KS2. Opportunity and provision in PE and extra-curricular activities will be planned and delivered to meet the needs of all pupils. PE experience will reflect the whole school policy on promoting equal opportunities for all pupils. Differentiation should enable all pupils to achieve the best of their ability.

### **Governors**

It is the statutory duty of the governors to ensure that the school follows its responsibilities to meet the needs of children within PE in accordance with the National Curriculum.

### **Further Information**

For further information, please access the school website.

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