



ST JAMES

Senior Boys' School

Physical Education Policy

Aims of the Policy

- To set out the specific nature of the Physical Education curriculum offered at St James, along with the pedagogical and educational justification for that curriculum.
- To detail how the curriculum is organised and delivered.

Summary of the St James Physical Education curriculum – our philosophy

We truly believe that EVERYONE is a sportsperson and it is our job to facilitate our pupils with the tools and opportunity to find a sport that they truly love.

At St James Senior Boys' School the Physical Education of each and every pupil is considered of the utmost importance. This education is crucial not only in the context of his development while a pupil at the school but also, and in some ways, more importantly it is important in the context of his life as a whole. Habits that form whilst at school are likely to stay with them for the rest of their lives so it is imperative that the pupils are exposed to a positive, enjoyable, proactive environment where they are encouraged to thrive. A St James pupil should believe that anything is achievable with a good work ethic, thorough preparation and a positive attitude and they should be given the chance to find out for themselves what is possible.

Physical Education is split into three distinct areas that are open to all pupils at St James: Physical Education, Physical Opportunity and Physical Inspiration.

Physical Education lays the foundations of fine motor skills, gross motor skills and fitness that are required, at the most basic level, to lead a healthy active lifestyle, and at the most complex level, to play a valuable part in individual and team sports. This process takes place at all times but it is during Physical Education lessons where the most progress will be made. Lessons should be well planned, engaging and enjoyable showing clear learning objectives and highlighting the progress that has been made.

Physical Opportunity is a concept that runs deep at St James as it is our belief that there is a sportsman within each pupil. With enough encouragement and the solid foundations that have been created by the Physical Education programme, every pupil should have the opportunity to find a sport or an activity that they truly love and will take with them during their life after school. St James offers a wide variety of sporting activities as part of the Upper Schools 'Friday Options' programme and also as part of the Extra-Curricular sports programme. All types of sports are offered including team and individual sports, outdoor and adventurous activities, martial arts and target sports, providing something for everyone.

The St James Physical Education department firmly believes that sport should be inspirational and used as a tool to broaden the pupil's horizons and to encourage them to believe that anything is possible. An extensive range of trips and tours are offered to develop the idea of sport being used as a vehicle to travel, see the world and meet new people, developing each pupil's cultural awareness and allowing them to make life-long friends.

To ensure that all the pupils of St James have something to aspire to the Physical Education Department has also put together the 'Physical Inspiration' Programme which is a series of major events in sports that are not normally associated with school groups and young people. The activities are designed to be simple enough to be accessible to any pupil who has worked hard for the duration of his St James career but also special enough to ensure that the pupils are inspired to believe that anything is possible. Projects are tailored to pupil interests but in the past, the schools sprinters and Rugby players have had the opportunity to transfer their skills to the sport of Bobsleigh, where a team was sent to compete in the British Championships and the endurance athletes have been encouraged to take part in Alpine Mountaineering. The Open Water Swimming programme is expanded to give pupils the opportunity to swim in relay across the channel, and the Mountain Biking club takes on 100km + endurance off-road events. It is the belief of the Physical Education department that every pupil is capable of exceeding their own expectations, and all pupils are encouraged to work towards something that they are not yet capable of.

1. Overarching aims of the Physical Education Curriculum

1.1 Physical Growth

- 1.1.1 For pupils to develop a variety of skills in a range of sports, which will enable them to take an active part in sporting activities during their time at school and after they leave.
- 1.1.2 To develop the physical fitness of each pupil so that they can experience the benefits of a healthy body and to give the pupils the tools to understand how to maintain a healthy lifestyle.

- 1.1.3 To encourage and stimulate the pupils' participation and enjoyment in physical education and to promote healthy lifestyles now and in the future.
- 1.1.4 To apply effective teaching methods which will give all pupils an opportunity to experience success and enjoyment in their P.E. work.

1.2. Mental, Emotional & Spiritual Growth

- 1.2.1. To develop the pupils' personal skills such as politeness, initiative, integrity and a sense of the 'spirit of the game' and fair play.
- 1.2.2. To develop the pupils' self-awareness, spatial awareness and awareness of others within the realm of physical activity and sport.
- 1.2.3. To develop the pupils' self-esteem through developing physical confidence and giving them the opportunity to experience success.
- 1.2.4. To develop the pupils' understanding of the need for personal responsibility within a team effort and the importance of the team to help develop the individual.
- 1.2.5. To develop the pupils' knowledge of safety in all P.E. work.
- 1.2.6. To encourage the pupils to view sport as an integral part of life, encompassing leisure, employment and the long and short-term role that exercise has to play in a healthy lifestyle.
- 1.2.7. To develop an awareness of the place and importance of sport and physical activity in our local, national and international culture.
- 1.2.8. To give pupils the opportunity to find a sport or physical activity which they truly love and continue to take part in after leaving the school.

2. Overarching objectives of the Physical Education curriculum

The objectives will demonstrate how the aims will be fulfilled on a practical basis and are split into three main areas, 'Professional Values and Practice', 'Teaching and Learning' and 'Monitoring and Assessment'.

2.1 Professional Values & Practice

- 2.1.1 Respect for the Learning Environment
 - a. Staff should provide a disciplined and sensitive environment in which the pupils feel secure, safe and confident to take part in any of the activities that the lesson demands.
 - b. There should be a mutual respect between the staff and the pupils where interaction is polite and where the pupils will learn the rules and etiquette that exist for each activity.
 - c. Staff should understand the needs of each pupil in the context of what motivates them and 'meet them in the moment' each lesson.

2.1.2 Safety

- a. Staff must adhere to the Local Management Arrangements and Risk Assessments found in the Risk Management file and in the Risk Management area of the departmental resources file
- b. Pupils must learn to follow the instructions of teachers, activity leaders and other pupils with roles of responsibility, carefully in order to create a safe and disciplined environment.
- c. Pupils should also understand the need to follow rules and laws, the need to wear the correct clothing, the need to wear the correct safety equipment and the need to warm up and recover when exercising.

2.1.3 Teaching and Learning

- a. Staff should follow the learning outlines and lesson themes included in the P.E. department handbook and ensure that the skills outlined are covered along with the appropriate rules and regulations. These should be differentiated by ability within the lesson to ensure that all pupils are able to access the learning material and be appropriately challenged by the lesson content.
- b. Pupils should be given the opportunity to work individually and in groups so they may learn to work co-operatively as well as by themselves.
- c. Pupils should be given the time, space and opportunity to experiment and practise to refine their skills.
- d. Pupils should be given the opportunity to develop practices of their own.
- e. Staff should not spend an excessive amount of time with any one individual or group of pupils but should encourage pupils with a particular interest in an activity to pursue it both at school team level and to seek further experience outside school.
- f. Staff should allow time for pupil input during lessons. This will enhance the learning process and enable each pupil to make his own unique contribution.
- g. Staff should also share their own positive experiences of P.E. and give an insight into the many benefits which sports' participation can offer.

2.1.4 Monitoring and Assessment

- a. Quantitative and Qualitative Criteria Based Assessment of each sports core skills takes place in years 7 - 10. This takes place at the start and the end of each teaching block. This allows teachers to track progress and to accurately differentiate by skill level in each of the core skills of a sport.
- b. Fitness testing takes place at key points throughout the academic year to assess the pupils' needs, monitor their progress and set targets for

improvement. These statistics are based on national standards for each year group.

- c. Skills and fitness data will be reported to pupils and parents through the medium of a bespoke online 'Performance Profiling Wheel'. This tool will allow pupils to actively engage with the assessment data, understand their current levels of attainment and to set visible targets to work towards. It also allows pupils, parents and teachers to track progress.
- d. Continuous positive feedback should be provided for good effort and good work, taking into account each pupil's specific levels of performance and skill. Praise will encourage pupils to continue to try to reach their potential.
- e. Alternative motivation through National Award Schemes, e.g. UK Athletics Award Badges, should also be used where appropriate.

4. Positive participation

At St James it is expected that if a pupil is well enough to attend school, then he is well enough to take some part in each Physical Education lesson.

The aim of this section of the policy is to clarify the term 'non-participant' and to explain what is expected of a pupil who is unable to take a full part in a Physical Education lesson.

- 4.1 'Non-participant' is the term used when a pupil is unable to participate fully in a Physical Education lesson for that day. The reasons for this could be:
 - a. Illness
 - b. Injury
 - c. Appointments (usually medical)
 - d. No / incorrect P.E. kit
 - e. Religious festival requiring pupil to fast or similar
- 4.2 In the case of illness and injury a note or an email must be provided by either the parent or the school Nurse, detailing the nature of the illness / injury. This note or email must be presented in the first instance to the pupil's form teacher during morning registration and then again to the pupil's Physical Education teacher.
- 4.3 Should the illness or injury be long term, the lead teacher should ask the parent for an estimated timeline. They should then plan appropriate activities in advance for the pupil be it assisting, coaching, refereeing or analysing.
- 4.4 Should the illness, injury, or other reason for non-participation be shorter term, the teacher should cater for their needs as best as possible to involve them in the learning process as much as possible.

4.5 The pupil is expected to bring appropriate kit to each lesson whether he is taking a full part in the lesson or not. This includes a tracksuit if it is cold or waterproofs if it is wet.

4.6 In exceptional circumstances due to the nature of the injury or due to adverse weather conditions, a pupil might be permitted to sit out the lesson in the library or in the case of serious illness, will be sent to the nurse. This decision will be made by the teacher after confirming with the librarian or nurse that there is the facility to supervise the pupil.

5. The Physical Education curriculum

At St James, we view the core curriculum, the Friday Options programme, the extra-curricular sports programme and the unique 'Aspirant Athlete Academy' as one all-encompassing entity, presented as the 'Three Levels of Physical Education', outlined in the opening summary.

Pupils should be encouraged and motivated to involve themselves in as much of the programme as possible in order to embed positive habits and life long learning.

This section of the policy will outline each element of the curriculum and how it is organised.

5.1 The 'Core curriculum' – 'Physical Education'

Each year group from year 7-11 enjoys 4 lessons of 'Core' P.E. per week, with the Sixth Form taking part in 2. The aim of this aspect of the curriculum is to develop physical literacy and fitness which will allow the pupil to access the next levels of the curriculum. It is also intended that by focusing on a relatively small number of sports, pupils will have the time and opportunity to develop mastery at them, allowing them to compete at a high level and experience success.

The breakdown of lessons is outlined below:

MONDAY	YEAR 9, 10 & 11
TUESDAY	YEARS 7 & 8
WEDNESDAY	YEARS 9,10,11,12 & 13
THURDAY	YEARS 7 & 8

The table below outlines areas covered by the various age groups throughout the school year.

CORE SPORT			
YEAR GROUP	AUTUMN	SPRING	SUMMER
YEARS 7, 8 & 9	RUGBY	RUGBY 7's SOCCER FITNESS AND P.E.	CRICKET TENNIS
YEARS 10,11,12 & 13	RUGBY HOCKEY FITNESS AND P.E.	RUGBY 7's HOCKEY SOCCER FITNESS AND P.E.	CRICKET SOFTBALL TENNIS FITNESS AND P.E. ROWING

5.2 The 'Friday Options' programme - 'Physical Opportunity'

During the last lesson on a Friday afternoon, the entire school enjoys a further elongated lesson as part of the 'Friday Options' programme. This programme is designed to give the pupils the opportunity to experience a large number of sports in the hope that they find one that they truly love and that they will continue to take part in once they have left the school.

This opportunity must be earned to be fully appreciated.

In years 7 & 8, pupils earn this opportunity by completing Cross Country in the Autumn and Spring terms and Athletics in the summer term. This offering not only cements physical literacy but also develops the pupil's levels of self-discipline, self-motivation and self-mastery that are transferrable to so many areas of their lives, both within sport and in their broader lives.

In years 9 - 11 pupils can pick one of a number of activities to take part in and may change sports each term.

Sixth Form pupils are also afforded access to the programme but it is not compulsory.

The table below outlines areas covered by the various age groups throughout the school year.

FRIDAY OPTION			
YEAR GROUP	AUTUMN TERM	SPRING TERM	SUMMER TERM
YEARS 7 & 8	CROSS COUNTRY	CROSS COUNTRY	ATHLETICS
YEARS 9,10,11,12 & 13	<ul style="list-style-type: none"> • BADMINTON • BASKETBALL • CANOEING • CROSS-COUNTRY • FENCING • GOLF • HOCKEY • JUDO • KAYAKING • MOUNTAIN BIKING • PARA CHALLENGE • ROWING • SAILING • SOCCER • SQUASH • STRENGTH & CONDITIONING • TABLE TENNIS • TENNIS 		<ul style="list-style-type: none"> • ATHLETICS • BASKETBALL • BADMINTON • CANOEING • CRICKET NETS • FENCING • GOLF • JUDO • KAYAKING • MOUNTAIN BIKING • ROWING • SAILING • SOCCER • SQUASH • STRENGTH & CONDITIONING • TABLE TENNIS • TENNIS • WAKE-BOARDING

5.3. The Extra Curricular programme – ‘Physical Opportunity’

To allow the pupils even more of an opportunity to find a sport that they love, an extensive extra-curricular programme is offered before school, at lunchtimes and after school. The ‘Aspirant Athlete Academy’ (AAA) is essentially a programme of strength and conditioning, nutrition, sports psychology and goal setting events and activities that would normally be reserved for sports scholars and elite athletes. However, due to the nature of the department’s philosophy, this programme is open to all pupils to support them in making the next steps in their personal sporting journey. The other sporting activities are more relaxed in nature to allow the pupils the chance to link sport with the ‘social’ side of their lives.

The table below outlines what a typical term might look like.

Monday	Tuesday	Wednesday	Thursday
Before School			
Lower School AAA	Upper School AAA	Lower School AAA	Upper School AAA
Lunchtime			
Lower School Badminton	Upper School Badminton	Whole School Basketball	Whole School Volleyball
After School			
Climbing Club	Lower School Football	Cricket Nets	Kayaking and Canoeing

5.4 The 'Physical Inspiration' Programme

This area of the curriculum is intended to inspire all of our pupils to believe that they are capable of more in the context of sport and Physical Education. This is a programme of events that will ebb and flow as the pupils interests change but will include endeavours such as the Alpine Mountaineering Expedition, the 100km London to Brighton Mountain Biking expedition and the Three Peaks Challenge.

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