

**Whittingham C of E Primary School**

**Policy for PE and Physical Activity**



**Introduction**

This document was developed during the Spring Term 2022

It was approved by the governing body in the Spring Term 2022

This policy will be reviewed in the Autumn Term 2026

A schedule for the review of this, and all other policy documents is set out in the school's four year cycle of policy reviews.

Please note that this policy is not COVID specific and we continue to follow a separate procedure and Risk Assessment during the current global pandemic.

**Our School Vision and Values**

The children know these as the 3R's:

'Hand in hand together we will become **resilient**, **respectful** and **responsible** citizens of our community and the wider world.'

**School Aims**

- To provide an open, secure and welcoming Christian environment for each pupil. This is expressed through daily worship which acknowledges the presence of God in our lives.
- To further develop and value the partnership that exists between school and the local churches, in particular, through sharing weekly worship and to encourage an appreciation of the Christian faith and a familiarity with the local Christian heritage.
- To care for each pupils' safety, happiness and wellbeing.
- To value our pupils as individuals, developing their ability to take responsibility for themselves and their actions, promoting confidence and self-esteem, and respect for others and their environment.
- To equip our pupils with the knowledge to make informed choices about having a safe and healthy lifestyle.
- To offer opportunities for our pupils to become involved in the daily life of the school and to prepare them to play an active role as citizens locally and in the wider world.
- To provide a learning environment, which is challenging and stimulating yet ordered and disciplined.
- To provide a broad and balanced curriculum, setting realistic targets for each pupil.
- To extend and reinforce our pupils learning, making expectations clear, and raising achievement levels.
- To develop and maintain a mutually supportive partnership between home and school.

**Curriculum Intent at Whittingham C of E Primary School**

**Rationale**

Whittingham C of E Primary School believes that all pupils are entitled to access a high quality broad and balanced P.E curriculum. For children in the Foundation Stage, aged three to five years, this will be based on the Early Learning Goals and from the age of five years, be directed by the National Curriculum.

We are extremely proud of the reputation we have in the local area regarding the range of PE provision and the facilities we have for our pupils. PE and Physical Activity (including Forest Schools) was also seen as one of the unique features of our school and praised highly during our recent Parent Questionnaires December 2021.

**Policy Aims:**

1. To provide **all children with a minimum of 2 hours** of Physical Education each week
2. To link curriculum provision to opportunities for further involvement in sport and physical activity before school, during breaks and lunchtimes and after school
3. To provide a range of varied opportunities via a range of providers in order to motivate and engage pupils in activities designed to enhance personal health and well being and to allow for physical development of the whole body
4. To ensure that all children can play and exercise safely and effectively for the benefit of their health and wellbeing.
5. Become skillful and intelligent performers.
6. Understand what it takes to persevere, succeed and acknowledge other's success
7. Respond to a variety of challenges in a range of physical contexts and environments.
8. Take the initiative, lead activity and focus on improving aspects of their own performance.
9. Discover their own aptitudes and preferences for different activities.
10. Develop a positive attitude to developing and maintaining health and fitness throughout their lives through long term participation in sport and activity.

**Role of Curriculum Subject Leader**

- With the Headteacher (if not the subject leader), to share a role in the monitoring and evaluation of the PE curriculum throughout the school.
- To encourage other members of staff in their teaching of PE and to give support where appropriate.
- To encourage staff to work within the guidelines laid down in the PE policy.
- To keep up to date with current good practice and with national changes within the PE curriculum.

## PE and PHYSICAL ACTIVITY POLICY STATEMENT

- To evaluate and update the Policy and Scheme and resources on a regular basis.
- To assist the Headteacher (if not the subject leader) and Governors in the development of the School Development Plan.
- To manage a budget to purchase in line with the school's needs.
- To support members of staff in the use of effective planning, assessment and recording systems.
- To oversee an annual inspection of all PE equipment with external agency.
- To maintain a high standard of PE teaching in his/her own classroom and ensure that PE keeps a high profile within the school, through sports activities, external support, etc.

### **Curriculum Implementation at Whittingham C of E Primary School**

#### **Entitlement**

Children are entitled to high-quality PE lessons. See below for time entitlements. Individual class timetables make reference to the lesson times for PE lessons. These are reviewed annually.

<b>Year Group</b>	<b>PE entitlement</b>	<b>PE entitlement</b>
	<b>Outdoor</b>	<b>Indoor</b>
Nursery	Unlimited opportunity for outdoor play experiences.	40 mins
Reception	Unlimited opportunity for outdoor play experiences.	1 hour
Year 1	1 hour	1 hour
Year 2	1 hour	1 hour
Year 3	1 hour	1 hour
Year 4	1 hour	1 hour
Year 5	1 hour	1 hour
Year 6	1 hour	1 hour

#### **Curriculum**

The areas of physical activity (games, gymnastics, dance, athletics, swimming and outdoor activities) are set out in the Foundation Stage Curriculum and National

## PE and PHYSICAL ACTIVITY POLICY STATEMENT

Curriculum 2014. The PE curriculum at Whittingham C of E Primary School is based on these requirements and is detailed on the Long Term Plan.

Each year group will learn PE in accordance with the long-term planning. This will ensure continuity and progression through school in order to continue to improve standards in PE.

All children are to be taught the importance of physical activity on their own physical and mental well-being.

### **Areas of activity**

#### **Early Years**

Pupils should be taught:

##### **Games and Multiskills**

- Spatial awareness
- Basic motor skills
- Co-ordination and control
- Aiming, predicting and estimating

##### **Dance**

- Using their imagination in art, design, music, dance, imaginative role-play and stories

##### **Gymnastics**

- Travel around, under, over and through balancing and climbing apparatus

#### **Outdoor Activities**

- Using the large outdoor 'play equipment'
- Forest Schools
- Developing gross motor skills – Cars and Bikes

**Games KS1 and KS2 (At KS1 we continue to develop basic skills through multiskills prior to developing the games curriculum to enable basic key concepts are taught well)**

Pupils should be taught:

- Simple competitive games
- A variety of ways to send, receive, strike and travel with/without a ball
- Games which include running, chasing, dodging, avoiding and awareness of space and other players
- To develop core skills in attacking, defending, invasion, striking and fielding
- To play small-sided and simplified versions of net/wall and target games

#### **Gymnastics (KS1 and KS2)**

Pupils should be taught:

- To use technical vocabulary
- To perform basic actions of travelling (turning, rolling, jumping, balancing, climbing)
- To link movements on the floor and apparatus
- To repeat movements / develop sequences
- To develop complex movements

**Dance (KS1 and KS2)**

Pupils should be taught:

- To compose and control movements by varying shape, size, direction, level, speed, tension and continuity
- Investigate different genres of dance
- To express feelings moods and ideas
- To respond to various stimuli including music

**Athletics (KS1 and KS2)**

Pupils should be taught:

- To develop and refine basic running, jumping and throwing techniques using a variety of equipment
- To measure, compare and improve their own performance

**Swimming (KS2)**

Pupils should be taught:

- To swim unaided, competently and safely for at least 25m
- To develop confidence in water and
- To develop floating skills and support positions
- To develop an effective and efficient swimming strokes on the front and back
- To understand and follow basic water safety and survival skills

**Outdoor Activities (KS1 and 2)**

Pupils should be taught:

- To perform outdoor and adventurous activities in a variety of environments
- To face physical and problem-solving challenges individually and collaboratively

To develop these objectives all children access Forest Schools at some point across the year and all children take part in The Daily Mile.

**Yoga, Meditation and Mindfulness (KS1 and 2)**

In addition to the current NC expectations for PE and in response to research about the health and wellbeing benefits of yoga we are currently developing this with our long term planning.

Pupils should be taught to:

- develop body awareness
- learn how to use their body in a healthy way
- 3 manage stress through breathing, awareness, meditation and healthy movement
- build concentration
- increase their confidence and positive self-image
- feel an inclusive part of a healthy, non -competitive group

***At Whittingham C of E Primary School PE will be taught through;***

- Exposition (demonstration, explanation and instruction) by the teacher to the class, groups or individuals

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- Practical activity and related discussion
- Co-operative group work
- Consolidation and practice of fundamental skills
- Opportunity to discuss and reflect on their work through a plenary
- Use of professional/qualified coaching to enhance current provision within school
- Links made to Every Child Matters and Healthy Schools
- Extended high-quality provision through after school activities making use of professional / qualified coaches
- Use of community facilities ( where appropriate and COVID 19 restrictions allow)– Willowburn Sports and Leisure Centre

### **Planning, Assessment, Recording and Reporting**

#### **Planning**

Planning for PE is initially shown in long term plans, which incorporates themes and lesson plans from a variety of schemes.

#### **High-quality lessons should include:**

- A statement of the learning objective
- A whole class risk assessment
- Teaching the children to warm up safely
- The teaching of skills and techniques
- The application and adaptation of learnt skills in games activities
- Modelling of correct technique
- Use of correct and specific technical vocabulary
- Performance and evaluation of each other's work
- Work which reflects the learning objective
- Teaching the children to cool down safely
- Teaching the children the impact PE has on their bodies

#### **Assessment**

**Summative and formative assessment** in PE is carried out by class teachers:

- Informally during the course of teaching through observation
  - Children to complete a self-assessment at the start and end of each unit of work.
- This self-assessment tool to be used to support children in being reflective in their lessons and with their achievements

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- At the end of each unit of work teachers to complete pupil assessments in order to update the children's attainment and progress in that area of PE.
- These are used to assist in reporting to the parents and passed on to the following class teacher
- To inform future planning

### Inclusion

In accordance with the school's Inclusion Policy, PE activities are differentiated to meet the needs of each pupil.

**More Able and Talented** pupils and children with **Special Educational Needs and Disability** will be identified through a range of activities. Their needs will be met through the development of individual or group programmes that encompass a range of learning styles and are designed to enrich the curriculum.

### Equality

Teachers will ensure that all pupils have fair access to the PE curriculum, regardless of gender, race, or ability, in accordance with the school's Equality Policy.

### Resources

All teachers have access to centrally stored PE resources. Resources are kept in two locations; indoor and outdoor stores. All PE resources are checked regularly to ensure that they meet health and safety requirements, and in addition to this, all resources are audited annually.

### Health and Safety

Everyone has a duty under health & safety guidelines to ensure PE activities are carried out with due regard to the safety of staff and pupils in line with school, Local Authority and Health & Safety Policies. Please ensure you read and make reference to the school's Risk Assessments and the **British Association of Advisers and Lecturers in Physical Education** (Baalpe) safe practice document which outlines specific PE guidance. All staff have a copy of the **Health and Safety Policy** in school documentation file. The **Baalpe** safe practice document and risk assessments can be accessed in the school office.

(The **Baalpe** safe practice documentation should be consulted for further guidance)

Staff should carry out risk assessments with the children at the start of all PE lessons.

All equipment, apparatus and environment should be checked before the start of every lesson by teacher and is the responsibility of the teacher

Children should be given health and safety guidance through the lesson

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All jewellery should be removed and stored safely before each lesson

If children wear stud earrings they should be taken out by the child. If this is not possible, the child should be given tape to cover their earrings. Children must place and remove the tape independently

All long hair should be tied back

Suitable clothing should be worn for each lesson (see school prospectus for correct clothing) Children should not engage in physical activity without correct kit

For indoor PE children should walk to the hall with suitable footwear on (trainers or school shoes)

All children taking part in indoor PE should be bare foot or suitable footwear for indoor PE

For gymnastics when the apparatus is being used suitable footwear should be worn (bare feet)

Children who do not have a PE kit will take part in the lesson as an observer rather than a participator. Parents will be called to inform them that P.E kit was not in school. Reminders will also be on topic letters and written in children's planners.

Every child must have a school PE kit. This should be in school every day. Children will not be allowed to share or borrow PE kits from siblings or other children in school.

When travelling to sporting activity, the appropriate risk assessments are completed and the followed issues addressed:

All children wear seat belts

All supervising adults to be aware of risk implications

All supervising adults that attend swimming to hold a current DBS

All transporting adults to be fully insured

Parents' permission for taking children out of school obtained

After school competitions children to be transported by their parents or a responsible adult who the child's parents have given permission. School to be informed.

Safe-practice standards are consistently applied by staff, students and other visitors, across all aspects of the school.



## PE and PHYSICAL ACTIVITY POLICY STATEMENT

### **Out of School Hours Provision**

Depending on the time of the year, Whittingham C of E Primary School provides opportunities for children in wide variety of areas. These after school clubs are updated and changing according to the interests of the children.

After school clubs are available for children to attend from Reception to Year 6 and if required there is a subsidiary available where finance may be an issue. As part of our whole school commitment to health and well-being following the potential impact of the global pandemic on pupils all clubs are provided at no costs to families. We also offer lunchtime clubs if appropriate

All sports clubs are open to both girls and boys and are delivered by qualified coaches or teachers who deliver high quality lessons. The provision of Out of School Hours sports clubs is reviewed annually, and registers are kept to ensure opportunities are provided for all children.

The Co-ordinator for PE is Belinda Athey.

The Governor for Physical Activity and Mental Wellbeing is Susie Hardie.