

Wybunbury Delves Primary School PE Policy

Introduction

At Wybunbury Delves Primary School, we understand the vital role that Physical Education (PE) plays in the curriculum and are committed to providing every student with ample opportunities to participate in physical activities. Our PE program aims to develop physically literate and confident individuals who are not only proficient in physical skills, but also understand the importance of leading healthy, active lifestyles. Through a range of sports and activities, we also promote the values of sportsmanship, fairness, and respect.

INTENT

At Wybunbury Delves Primary School, we believe that Physical Education (PE) is a fundamental part of our curriculum and provides opportunities for all students to engage in inclusive and challenging learning environments. Our PE program aims to foster the acquisition, development, and refinement of practical skills and techniques, as well as the advancement of knowledge and understanding of PE concepts and principles to enhance students' overall competence.

We are committed to delivering high-quality teaching and learning experiences that enable all students to succeed and enjoy their learning. Our goal is to inspire students to be resilient and consistently strive to give their best efforts to achieve their potential and personal best. Through participation in competitive sport, we aim to teach our students how to cooperate and collaborate effectively as part of a team, while also adhering to the principles of fairness, sportsmanship, and respect.

We understand the importance of PE, School Sport, and Physical Activity in promoting students' general health, fitness, and mental wellbeing. Therefore, we offer opportunities for all students to engage in physical activities for sustained periods and teach them the importance of leading healthy, active lives and making informed and appropriate lifestyle choices.

We recognize swimming as an essential life skill and aspire for all students to leave primary school with the ability to swim at least 25 meters.

IMPLEMENTATION

- At Wybunbury Delves Primary School, PE provides challenging and enjoyable learning through a range of sporting activities, including invasion games, net and wall games, striking and field games, gymnastics, dance, outdoor and adventure activities, and swimming.

- All students participate in at least one PE lesson per week, covering one sporting activity every half term. These lessons are delivered by a regular PE coach and a sports coaching company.
- Our Long-Term PE Curriculum Overview sets out the PE units/activities to be taught each half term throughout the year, ensuring the requirements of the National Curriculum are fully met.
- We use and adapt a Scheme of Learning from PE Passport to support the delivery of our PE curriculum and assess students each term using this program.
- Our PE curriculum is designed to be inclusive for all students, regardless of their sporting ability. We provide suitable learning opportunities for all students, including those with SEND.
- All students are taught by a qualified PE coach.
- Students in Year 3 attend swimming lessons for one term each year, and we aim for all students to leave primary school with the ability to swim at least 25 meters.
- We promote both participation and competition through PE and sport. All students experience competition at some level, individually or in a team, within lessons. Additionally, students in KS1 and KS2, as well as those with SEND, have opportunities to participate in local CNSPP competitions.
- Students participate in workshops and whole-school events covering a variety of sports throughout the year, sourced by the school and delivered by outside providers. Examples include boxing, fencing, cricket, and rugby.
- All students in KS1 and KS2 have the opportunity to participate in extra-curricular sports activities throughout the year.
- We offer a residential outdoor and adventure activities experience for students in Years 4 and 6 each year.
- All students participate in weekly whole-school sessions of "The Daily Mile," "Walking Wednesday," and "Skip to the Weekend" to promote health, fitness, mental wellbeing, personal challenge, and resilience. Students compare their performances with previous ones and strive to improve their personal best. Competing with others fosters a sense of team spirit and cooperation amongst our students.

IMPACT

At Wybunbury Delves Primary School, we ensure that our PE curriculum is inclusive and progressive and allows all children the opportunity to acquire and develop fundamental knowledge, understanding, skills and techniques and apply these to a wide variety of different sports and activities. PE lessons are fun, enjoyable and challenging and all children can achieve, to the best of their ability, in a supportive, safe and stimulating environment. Our pupils are physically active, and this has a positive impact on their learning in the classroom. Children understand how to lead a healthy lifestyle and understand the importance of regular exercise and activity for their physical and mental wellbeing. We aspire for all children to enjoy PE and develop a love of sport and physical activity, which hopefully becomes part of their future life outside of Primary School. Children have opportunities to participate in sport after school can also represent the school at sporting events from local to county level. IN P.E, we also measure impact by:

- Regular learning walks
- Pupil questionnaires once per year
- PE Premium spend analysis
- Analysis of participation at after school clubs and LSSP competitions
- Assessment data
- Photo records of children's practical work

Aims:

The consistent delivery of high-quality PE lessons which are exciting, challenging and enjoyable and provide many varied learning opportunities

- ☐ Develop knowledge, skills and understanding across a broad range of sporting activities.
- ☐ Engage in moderate to intense physical activity over sustained periods of time.
- ☐ Participate in competitive sports and activities.
- ☐ Lead healthy and active lives, picking up positive habits for their future lives.
- ☐ To compete in games and activities in a collaborative team.
- ☐ To promote safe practice in all sports and activities.
- ☐ To use sport to build pupils self-confidence and self-esteem.
- ☐ To encourage involvement in extra-curricular sporting activities and develop community and club links
- ☐ Increase participation in competitive sports both in and out of School.
- ☐ To develop Staff competence and confidence in the delivery of high-quality PE lessons

Responsibility for PE at Wybunbury Delves Primary School

Mr Matt Dale and Mrs Lucy Jenkins (PE Lead Teachers) have overall responsibility for everything relating to PE, Physical Activity and the development, monitoring and review of the provision of PE and Physical Activity.

Both teachers will consult with the Head Teacher on PE matters and provision and the Head Teacher will oversee all things relating to PE at Wybunbury Delves.

Staff who teach or support in PE should be aware of this Policy and consider how they can support it and staff who provide PE and physical activity should ensure that safe and effective procedures are adopted in all physical activities at all times.

External Providers

To increase opportunities and inspire children to be active, we regularly source Outside Providers to deliver activities which would not normally be covered in curriculum time. Some activities delivered so far have been Boxercise, Forest School, Archery, Boxing, Fencing, Athlete Legacy Day and Rugby. All visitors are expected to work within the framework of this policy.

All visitors/coaches who attend School are expected to have an up-to-date CRB/DBS and provide this along with photographic I.D (passport/driving licence) on arrival for their session. Documentation should be checked by Admin. Staff, prior to entry.

This policy should be made available to visitors if reasonably practicable.

Health and Safety

We recognise that participation in PE and Physical Activities contains an element of risk. Staff are responsible for ensuring that they are familiar with Risk Assessments and safe practice to reduce the element of risk to the absolute minimum within their control.

- Staff are aware of pupils who have SEN with regards to physical activity and make special provision for needs where appropriate e.g., physical disability, asthma
- Staff know about the safe practices involved in moving and using apparatus
- Pupils wear appropriate clothing, remove jewellery and tie back long hair. If the removal of jewellery or studs is not possible, they should be securely taped, and the teacher is confident this strategy is effective. Our School provides a PE kit comprising of shorts and a t-shirt for all children and does not discriminate based on gender, race, disability, sexual orientation or belief. Trainers and black pumps are not provided.
- Pupils may be asked to remove shoes when participating in indoor activities such as gymnastics,
- Correct use of equipment is taught along with any potential hazards, including completing a risk assessment for each area/ space that PE and school sport takes place in
- Equipment and apparatus are stored safely at the end of each lesson.
- Pupils are taught to consider their own safety and that of others at all times.
- School shoes are not permitted to be worn for PE

Staff teaching or attending PE should wear the PE kit and also consider their own and their pupils' safety with regard to their own additional personal clothing, footwear and jewellery when involved in the teaching of any sporting activity.

We undertake an annual Risk Assessment of the school premises and areas where PE is taught and equipment including PE equipment (PE Lead) as necessary. Risk Assessments are in place for all school sporting trips, along with the requirement to record and submit all intended visits on the Evolve School Visits system. All School sporting trips and visits must have first been submitted to the EVC and Head Teacher for approval before a visit can go ahead.

PE and School Sports Premium Funding

The PE and School Sports Premium funding is used in a number of different ways to support and develop PE and School Sport at Wybunbury Delves Primary School.

Curriculum

PE

All children are taught by Wybunbury Delves are taught by a PE teacher. Children from Years 1 to Year 6 have at least one 60-minute lesson of PE a week during curriculum time. Reception and Pre-School have a 45–60-minute session each week. Each half term four Classes also have a 60-minute sports coaching each week. In addition to this, Year 3 have a swimming lesson once a week for a whole term. Y3-6 participate in The Daily Mile each day.

The PE Curriculum at Wybunbury Delves Primary School covers the National Curriculum Programmes of Study in PE, as stipulated in the PE National Curriculum 2014 document. The school uses a PE Scheme of PE Passport, which is used to ensure year on year progression in skills, knowledge and understanding. Pupils develop physical skills, knowledge and understanding, as well as learning about fitness, co-operation, sportsmanship and fair play. Pupils are assessed by means of a bespoke PE Assessment tool to ensure progress is made and age-related expectations are met by all children. Children are assessed termly by the PE Lead with a final result being awarded at the end of the Year.

Activities taught at Wybunbury Delves:

- Dance
- Gymnastics
- Fundamental Movement Skills
- Games (Softball, Bench Ball, Cricket, Basketball, Lacrosse, Tennis, Bench Ball, Hockey, Rounders)
- Outdoor and Adventurous Activities – also covered during the PGL and EDALE residential trip
- Athletics
- Health Related Fitness

Assessment & Recording

Assessment is carried out by the PE Lead Teacher. Children will be levelled as either Emerging, Developing, Secure or Exceeding, in accordance with Age Related Expectations, as per the Assessment Procedures for the curriculum areas covered. Swimming will be assessed by the swimming instructors at Nantwich Leisure Centre. The PE Lead will be responsible for publishing Swimming data.

Participation in PE

We aim for full participation in every PE lesson and aim to do this by:

- Providing PE kit for all children
- A wide range of imaginative resources and teaching strategies are used to actively engage pupils in participating in lessons.

- Our curriculum takes into consideration the range of pupils' needs to ensure continuity and progression in learning is provided and PE lessons will be suitably differentiated in order to support and challenge pupils.
- Staff ensure that pupils of all abilities are able to access the PE curriculum by providing alternative or different resources to develop new skills and ensure a positive relationship with physical activity from an early age.
- Pupils who are unable to participate in a PE lesson are expected to change into their PE kit in order to purposefully adopt other roles in the lesson, such as observing, giving feedback, video recording, evaluating, coaching, umpiring and refereeing. Students should also change into suitable footwear. Parental notes should be written, signed and handed to Class Teachers (PE Lead to thereafter be informed) if a child is not able to participate in PE due to any short- or long-term injury or medical/health reason.

Facilities available for physical activity

On-site facilities include (*school to include*) eg :

- School Hall – climbing frames, gymnastics mats, balance benches, box, springboards.
- Playgrounds – to be used during the day for play times, lunch times and PE, both in and out of school hours
- Nantwich Leisure Centre for all swimming lessons

Clothing to be worn during physical activity (before, during and after school)

We ask that all pupils change for PE and wear the PE kit provided by School that includes:

- Blue Wybunbury t-shirt (long sleeve tops are permitted to be worn underneath and encouraged during winter months)
- Black shorts (leggings underneath are permitted)
- Trainers or black PE pumps
- School shoes are not permitted to be worn

Wybunbury Delves blue sweatshirts can be worn on top of the t-shirt during autumn/winter months

We will always endeavour to provide spare kit for pupils cannot access their own designated school PE kit, to ensure that children do not miss PE lessons.

<h3>Physical activity outside of the curriculum</h3>

In addition to PE, there are a range of opportunities for physical activity throughout the school day.

Extra-curricular activities and clubs

A range of After School Sports Clubs are available to pupils which are provided free of charge by the PE teacher. These clubs complement the curriculum and support the interests of pupils. These include football and athletics.

Sports Day

We organise an annual multi-sport circuit Sports Day type event at the end of the summer term, which this year we will evaluate to see if a more traditional type of Sports Day may be more suitable for our children. Parents and carers are actively involved to attend and support their children. We have a wide range of sporting activities on the day to encourage participation and success for all children.

Involving parents and carers

We recognize the important part parents and carers play in encouraging children to participate in physical activity. Information about PE, physical activities and sporting competitions organised by the school and opportunities after school, are shared with parents/Carers by means of specific PE letters from the PE Lead and through the school newsletter. Information about all areas relating to PE can also be found on the school website.

Monitoring and evaluation of physical activity

The PE Lead Teacher or a member of SLT with responsibility for Monitoring is responsible for the overall monitoring of the quality of PE and Physical Activity provision.

We monitor PE in the curriculum through subject reviews and self-evaluation in order to provide an accurate perspective on how it is being delivered and how it can be further improved.

Physical Education is monitored and evaluated through:

- Lesson observations
- Monitoring of lesson planning
- Monitoring of equipment
- Pupils Assessment data
- Feedback from staff
- Children questionnaires
- Pupil records of participation, focusing on different groups
- Feedback from pupils/school council about PE and general physical activity
- Pupil attendance and achievement in sporting competitions
- Attendance at after school sports clubs

When external providers are used to deliver physical activity, the PE Lead will observe to ensure that high quality lessons are delivered and assessed consistently.

Equal opportunities and inclusion

We comply with the Equality Act 2010 and are proactive in ensuring that all pupils, including those with SEN needs or disabilities are provided with a comprehensive programme of physical activity. For pupils with disabilities or health conditions we will endeavour to adapt activities to suit their specific individual needs, where possible. Where appropriate, this may mean providing specialised equipment, differentiating activities, offering a parallel or separate activity with a Support Assistant or 1 to 1 staff member, or setting a challenge appropriate to their skill level.

Pupils who do not participate in physical activity on a regular and consistent basis will be referred to SLT.

SEND

A high-quality PE curriculum enables **all** pupils to enjoy and succeed in many kinds of physical activity.

In order to provide equal opportunities for pupils with SEN and/or disabilities and for those children to gain full access to the Primary PE Curriculum, in PE we will:

- set suitable learning challenges
- respond to pupils' diverse learning needs, and
- overcome potential barriers to learning and assessment for particular individuals and groups of pupils.
- modify the curriculum to remove barriers, so all pupils meet the same objectives.

In some activities, pupils with SEN and/or disabilities will be able to take part in the same way as their peers. In others, some modifications or adjustments will need to be made to include everyone.

To overcome potential barriers to learning in physical education, some pupils may require:

- adapted, modified or alternative activities that offer an equivalent degree of challenge to the activities in the programmes of study and that enable the pupils to make progress
- specific support they need to take part in certain activities or types of movement, and
- careful management of their physical regime to allow for their specific medical conditions.

Assessment will take into account a range of factors in the context of the activity undertaken.

HEALTH/MENTAL WELLBEING

The aim of teaching children about physical health and mental wellbeing is to give them the information that they need to make good decisions about their own health and wellbeing. Physical health and mental wellbeing are interlinked, and we teach pupils to understand that good physical health contributes to good mental wellbeing, and vice versa.

At Wybunbury Delves, in PE lessons, we teach the characteristics of good physical health and mental wellbeing. Pupils are taught about the benefits and importance of physical activity, exercise, diet and nutrition and how this can impact on their overall health and wellbeing. Children learn about the changes that can occur to their bodies, as a result of physical activity, and how being active can impact positively on their mental wellbeing. We go by the mantra, “healthy body. Healthy mind”

EAL

Children who have English as an additional language, are expected to take part in PE. Due to the nature of PE, where access cannot be gained through understanding of the spoken word, children will be encouraged to observe or copy and repeat either their peers or the Class Teacher. Pictures of skills, actions and techniques will also be used to provide as visual stimulus for EAL children, in order that they gain an insight as to what is required in the lesson. The Class Teacher may also use other strategies to allow EAL children to access lessons content.

Training and support for staff

We ensure relevant staff access high quality professional development annually on PE and physical activity to keep them updated on key related issues and ensure they are confident to teach the full breadth of the curriculum. We participate in training, CPD and educational initiatives/projects run by the LA and other organisations.

Dissemination of the policy

The policy is available to parents and carers and pupils via the school website. Parents and carers and pupils new to the school may be given a summary on request and there is a copy in the school reception area. The full policy is available to parents and carers and pupils on request.

Copies of the full policy are in the staff handbook, the Governors’ handbook and Policy reference file, in the school office.