



Peninsula East
Primary Academy



LEIGH
Academies Trust

Peninsula East Primary Academy

Physical Education, School Sport and Physical Activity Policy

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Introduction

At Peninsula East Primary Academy we believe that physical education, school sport and physical activity (PESSPA) should be at the heart of the school and is experienced in a safe and supportive environment as it is a unique and vital contributor to a pupil's physical development and well-being.

Intent

Our aim is to provide a PE curriculum that ensures all pupils reach their full potential and achieve the aims of the National Curriculum through a broad, balanced and progressive approach. The fundamental skills taught in EYFS and KS1, are applied and developed further in KS2, where pupils learn how to apply them in different ways and to link them to make actions and sequences of movement.

We use the philosophy of the IB as the framework, to ensure the PE coverage emphasises the development of the whole pupil through the learner profiles. In addition, we provide the pupils with opportunities to engage in different sports through PE lessons, lunchtime clubs and after school clubs. This encourages them to appreciate different sports and cultures and helps them become global learners.

We use the scheme Get Set 4 PE in EYFS and KS1 to help encourage the pupils to be physically active as well as having a qualified coach coming in to teach PE lessons for all of KS2. These PE lessons also give the pupils opportunities to develop their communication skills, mindset and wellbeing, with regular exercise improving the area of the brain linked with learning and memory and helping to reduce anxiety. By encouraging the pupils to be active, we are supporting their emotional wellbeing and mental health. Pupils must understand how to take care of themselves both physically and mentally in order to be successful later in life. We enrich their time in our school with memorable, unforgettable experiences and provide opportunities that are normally out of reach – this piques their interests and passions.

The aims of PE are:

- to enable children to develop and explore physical skills with increasing control and coordination;
- to encourage children to work and play with others in a range of group situations;
- to develop the way in which children perform skills and apply rules and conventions

for different activities;

- to increase children's ability to use the skills they have learnt to improve the quality and control of their performance;
- to teach children to recognise and describe how their bodies feel before, during and after exercise;
- to develop the children's enjoyment of physical activity through creativity and imagination;
- to develop an understanding in children of how to succeed in a range of physical activities and how to evaluate their own success.
- to develop communication and speaking and listening skills.
- to provide children with a skillset which can be used and developed throughout their lives.

Implementation

Curriculum

PE at Peninsula East Primary Academy focuses on both elements Physical and Educational. Each lesson is taught by either a qualified Class Teacher, Qualified Sports coach or a student/student teacher under the supervision of a qualified member of staff or High Level Teaching Assistant (HLTA), after having a PE observation or training by the PE Lead. Children from Years 1-6 children have one, one hour lessons of PE a week during curriculum time with additional PE integrated throughout the school day. Reception children will have one, one hour, lesson a week with an additional hour of PE will be integrated into other subject curriculum time. Nursery children incorporate PE into their curriculum time through play, during the week. As required, through the National Curriculum, children will be taught a range of skills from different sports (team and individual), outdoor adventurous activities, dance and gymnastics. Key Stage 2 children will also be taught swimming and water safety.

Clothing

Children in Key Stage 1 and Key stage 2 will need to come to school on a PE day in their school PE kit, or basic dark blue trousers or shorts and a plain white t-shirt with a dark blue jacket, and stay in it all day. This is to reduce time it takes to get changed that reduces their quality Physical Education learning time, support good hygiene by

making sure that clothes are washed on a regular occurrence and finally reduces the change of cross contamination of Covid-19 during changing times. Children in Reception will need to arrive at school on their PE day in their PE kit, or basic dark blue trousers or shorts and a plain white t-shirt with a dark blue jacket, and then get changed back into their school uniform. This is to incorporate their Early learning target of being able to get changed independently.

Children taking part in extracurricular sport activities will need to get changed into their school PE kit, or basic dark blue trousers or shorts and a plain white t-shirt with a dark blue jacket, before their activity starts.

Planning

Planning the PE lesson is the responsibility of the Class Teacher or the Specialist PE teacher from Hundred of Hoo, aided by the PE Lead, if needed. Get Set PE is used as our planning scheme.

Planning is used to:

- Set clear achievable goals;
- Ensure work is matched to children's age, abilities, experiences and interest. -

Ensure progression and development of skills covered throughout the school;

- Provide clear and continual assessment, see assessment area for more details, and evaluation of teaching and learning.

Assessment, Recording and Reporting

Assessment, recording and reporting are important elements in ensuring that constant progression is made by all children participating in PESSPA. In order for this to happen, information is collected by the Class Teacher, by observations, communication with the child and peer assessment, and then recorded on the skills progression document that tracks each child's progress against the National Curriculum objectives, for KS1 and KS2 as well as Tapestry for Early Years.

Staff training

Opportunities will be taken by all members of staff to receive Continuous Professional Development (CPD) where appropriate, face to face or online, to increase competency and confidence in delivering high quality PE. Following any training, staff will be asked to give a brief summary and feedback of learning points to the remaining members of staff.

All staff will be actively encouraged to explore their own CPD through online webinars and training as well as local/national courses.

Cross-Curriculum

PESSPA will be amalgamated to a range of other curriculum subjects.

English

- Speaking and Listening (communication)
- Provide structured feedback
- Key vocabulary
- Positional Language

Maths

- Using the four operations when scoring in games
- Recording time (stopwatches)
- Measuring distances
- Angles and degrees of release (throwing and jumping)

Science

- Effects of exercise on the body
- Health and fitness
- Drugs and Alcohol
- Bones and muscles group names
- Momentum and force building

Geography

- Map reading (orienteering)

PSHE

- Leadership skills (supporting and coaching others)
- Developing partnerships (partner and group work)

- Understanding the need to following rules and fair play
- Sporting Spirit Values of respect, team work, honesty, determination, self-belief and passion.

ICT

- Recording Equipment (camera and Videos)
- Videos to support lessons (internet)
- Use of electronic stopwatches and timekeeping equipment
- Spreadsheets for recording and interpreting data

Music

- Tempo (counting to stay in time)
- Expressing an understanding of rhythm through movement
- Counting music to create movement.

Health and Safety

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

- Staff are aware of pupils who have special needs 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. Our School provides a PE kit for all children and does not discriminate based on gender, race, disability, sexual orientation or belief.
- 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 is 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 PE should wear appropriate sportswear (black, blue or navy sports tracksuit with a plain t-shirt) 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.

In the event of an accident School Health and Safety Procedures should be followed. First Aiders, with a First Aid kit, will be available and accessible during the day. First Aid should be carried out by a member of staff holding the correct and relevant qualification.

Equipment

Equipment will be stored safely and in the appropriately and labelled section of the PE shed. It is the responsibility of all staff to ensure that the equipment is packed away tidily in order to minimise the potential of tripping, and allowing safe access to the staff and pupils to pick up, transport the equipment they require, and easily find the equipment they need. Children will be taught from a young age where PE equipment is stored and how to/how many people need to lift and carry PE equipment safely and securely.

All equipment should be visually checked prior to using it to ensure it is safe to use, assembled correctly and not damaged or faulty. Pupils should be involved in reporting any faulty equipment in line with their age, ability and previous experience.

Where equipment is deemed unsafe, but repairable, it is moved well away from the working area and clearly labelled as unsafe until made good.

Equipment condemned following an inspection is completely removed and disposed of.

Extra Curriculum

Depending on the time of the year, Peninsula East Primary Academy will provide opportunities for children in a 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.

All sports clubs are open to both girls and boys and are delivered by qualified

coaches, who are DBS checked, 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.

Impact

The subject leader is responsible for monitoring the standard of the children's work and the quality of teaching. This may be through lesson observations, work scrutiny, monitoring of assessments or pupil interviews. The subject leader is also responsible for supporting colleagues in the teaching of PE, for being informed about current developments in the subject and for providing a strategic lead and direction for the subject in the school. We allocate special time for the vital task of visiting classes to observe teaching in the subject and to discuss PE with children and staff.

Our children will be:

- Healthy and active
- Understand how to lead a healthy lifestyle
- Be knowledgeable about nutrition and exercise
- Developed the skills and progression in a variety of sports
- Able to enjoy sports and exercise as well as having opportunities to be competitive

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