

# GREAT CHART PRIMARY SCHOOL

## Physical Education and School Sport POLICY

SEPTEMBER 2023



*A Great Place to Discover and Learn*

### **Vision Statement**

**A respectful community where we thrive and achieve our full potential as confident life long learners**

### **Mission Statement**

**Preparing for life in our ever changing world, by providing opportunities to develop core values and a love of learning**

*Our core value is Respect*

*Our termly values: Team work, Ambition, Responsibility, Resilience, Kindness & Independence*

## **Intent**

Physical activity not only improves health, reduces stress and improves concentration, but also promotes correct physical growth and development. Exercise has a positive influence on academic achievement, emotional stability and interaction with others. Therefore both teachers and children should be aware of its importance. At Great Chart Primary School we deliver high quality teaching and learning opportunities that inspire pupils and enable them to succeed in a broad range of physical activities whilst developing life skills that will positively impact on their future.

## **Implementation**

**PESS concepts/Threads-** Whole school PE has been planned with a clear coherent approach through the teaching of key concepts that highlight not just the physical skills but also the cognitive and socio-emotional skills that PESS can help develop. Planning through key concepts will also ensure children are building on prior learning, making links and patterns and reinforcing what knowledge has been acquired earlier. This will also ensure that clear progression is seen through EYFS to year 6. The key PE concepts are:

**Head** - thinking skills, strategy, knowledge and understanding, rules

**Heart** - team work, communication, co-operation, respect, resilience, leadership

**Hands** - physical skills, fitness, technique, tactics, problem solving.

At Great Chart Primary School our aim is that each class will receive at least 2 hours of physical education per week, including sessions, both indoors and outdoors as well as opportunities to be physically active throughout the school day and Out of School Hours. The PE sessions will contain elements required by the Curriculum 2014 of:

**Key Stage 1:** Development of Fundamental movement skills through Games, Dance and Gymnastics

**Key Stage 2:** Development of skills through a broad range of activities including: Games, Dance, Gymnastics, Athletics, Outdoor Education and Swimming and Water Safety.

Lessons are taught ...

- To promote a healthy and fulfilling lifestyle that ensures pupils become active for life by developing a positive attitude and interest in a range of physical activities provided through a varied, lively and engaging PE curriculum.
- To contribute to the physical development of every child developing 'physical literacy' through progressive skill based activities.
- To develop the self-esteem and confidence of all pupils and support the development of collaborative work and leadership skills.
- To promote cognitive development and thinking skills.
- To provide opportunities for pupils to be competitive with themselves and their peers.
- To be aware of the benefits of physical activity within a healthy lifestyle.
- To be active for sustained periods of time.
- To identify, support and develop talent.

## **Impact**

Our curriculum at Great Chart aims to improve the fitness and wellbeing of all pupils through a broad range of activities that enable them to develop physically, emotionally and academically through the values that underpin success in a rapidly developing world. Our impact is therefore to motivate pupils to use their skills and confidence to make their own decisions, form their own opinions and ensure they are well prepared for future success.

## **Teaching and Learning in Physical Education**

- PE is taught in line with the Teaching and Learning Policy usually by the class teacher.
- Teachers plan lessons using a variety of resources to meet the requirements of the Curriculum 2014.
- Teachers use a range of teaching styles to meet the needs of pupils and ensure pupils are active, engaged and making progress.
- Pupils may work independently, in pairs or groups during lessons.
- Lessons are inclusive and planned to ensure all pupils can access the learning. Activities differentiated using STEP (Space, Time, Equipment, People)
- Culture of personal best is developed throughout to allow pupils the challenge of competing against themselves as well as opportunities to compete with peers.
- Activities are planned to ensure maximum involvement. They are skills based activities with a small sided game used to apply skills learned.
- Progress in PE will be assessed through observation and reference made in the annual report to parents.
- Through the Government funding for Sport Premium there will, where possible, be opportunities for both staff and pupils to work alongside sports coaches and PE specialists to improve their confidence and skills. This should lead to sustainable improvements in the expertise of staff and pupils. Spending will be reviewed and published on the website.

## **Cross Curricular Links**

PE and School Sport can be used to enhance learning across the curriculum. Active learning is encouraged and planned for. Examples of links:

- Teach Active – online resource combining Maths and PE, measuring, data collection, shape and position
- Science- heart rates, body parts
- Computing – data collection, use of videos of movement for evaluation and development.
- English – reports and interviews

## **Inclusion and Equal Opportunities**

All pupils at Great Chart Primary School are entitled to participate in the Physical Education and School Sport regardless of ethnicity, gender, religion and additional needs. At Great Chart we feel it is essential that all pupils feel valued in a safe and secure environment. Staff will differentiate and adapt lessons to ensure pupils are able to access the learning. This may involve the use of additional adult support, using a wide range of equipment and planning activities that can be accessed in a variety of ways.

## **Medical Needs**

Pupils with medical needs are entitled to participate in Physical Education and School Sport as safely and as fully as possible. It is the responsibility of the teacher to take note of any medical needs of individual pupils and ensure lessons are planned to be as inclusive as possible. Pupils with Asthma and Diabetes may need medication to allow them to participate fully and should know how to access this at all times.

## **Assessment and Monitoring**

The ability and progress of pupils in PE will be assessed by the teacher and used to inform further planning. Assessment opportunities will come through:

Observation

Questioning

Discussion

Performance

Assessment of pupils will provide information on:

- Overall physical ability and skills
- Ability to select an appropriate response to a task
- Ability to appreciate and evaluate performances of self and others
- Interaction and social skills
- Motivation and enthusiasm
- Identification of talents or areas where additional intervention may be required.

Monitoring the Teaching and Learning of PE will be carried out by the PE Leader and SLT. Monitoring will take the form of planning scrutiny, lesson observations and pupil voice and will be used to inform the PESS action plan. On occasions other professionals may be used for monitoring activities. Findings from monitoring activities will be reported to staff and Governors.

## **Health and Safety**

Health and Safety of pupils and staff is a priority and essential to minimise the risk of injury. Equipment is checked regularly and risk assessments completed for activities off site.

### **PE Kit**

Staff should set the example of wearing appropriate clothing when leading PE lessons.

### **Indoor Kit for pupils**

- House t-shirt
- Black/ Navy shorts
- Trainers. **Gymnastic and Dance work should be done in bare feet**

### **Outdoor Kit**

- House t-shirt
- Black/ Navy shorts
- Navy Blue tracksuit (plain or school logo)
- Trainers

Jewellery should not be worn and long hair must be tied back. Stud earrings should be removed or taped.

### **Non-participants**

It is expected that all pupils will participate in the PE curriculum. Class letters to parents will detail the days PE kit is needed. If a pupil has forgotten their kit they may be given spare kit to wear and should it happen again the teacher will have an informal chat with parents. If spare kit is not available the pupil should be involved in the lesson in a non-participatory role such as evaluation of performance, photographing evidence of good practice and peer assessment. If a pupil is unwell or injured a letter

from the parents detailing the issue should be given to the class teacher. A log will be maintained of non-participants and their reasons so this can be monitored.

## **Swimming**

Pupils are timetabled to swim in Years 3, 4 and 5 , but this is dependent on pool availability. Swimming sessions run termly in 5/6 week blocks at The Stour Centre. Sessions are 45 minutes long. Class teachers must complete a risk assessment for these sessions that should be sent to the PE Leader. Staff should also collect initial and final data on swimming abilities for data analysis.

Pupils must wear appropriate swim wear which is detailed in letters to parents at the beginning of a swimming course.

As for other physical activities jewellery should not be worn and long hair must be tied back.

Pupils with verrucae must wear a verruca sock.

Sport premium funding will be used, where appropriate, to provide top up swimming sessions for Year 6 pupils to aid them in meeting the KS2 National Curriculum requirements.

## **Equipment and Resources**

It is the responsibility of all staff to check the equipment they are using is safe and they must report any issues to the Health and Safety Leader.

The Health and Safety Leader will check the playground apparatus during Health and Safety inspections alongside the Site Managers. The Gymnastic equipment is checked annually by an outside agency.

Small equipment in the PE container must be kept tidy to prevent accidents. Pupils should not be entering the PE container unaccompanied.

## **Accidents**

If accidents occur during a PE lesson the **Reporting Accidents/Medical Policy** should be followed. Minor injuries should be dealt with by a first aider at the office and pupils should return to the lesson. If a more serious accident occurs the teacher must remain with the injured child and send for a first aider. An accident form may be required in these circumstances.

## **Additional provision for PE and School Sport**

At Great Chart Primary School physical activity is an important element of everyday not just in PE lessons. Pupils are encouraged to have active play times and staff are encouraged to use physical movement breaks in class. Pupils are also encouraged to attend a wide range clubs run Outside School Hours to develop their skills and provide opportunities for competition. Physical opportunities include:

- KS1 trim trail
- KS2 active zones : trim trail, outdoor gym, ball zone
- Field –trim trails
- 5-a-day tv/ Go Noodle used in class
- Mile -a day 3 x weekly
- Enrichment time activities
- Clubs run by outside agencies eg Technique Soccer, Athurs and Mason Irish Dancing, Bethersden Tennis Club, Kestrel Gymnastics
- School run clubs

- Opportunities to compete in a wide range of competitions via local PE hub.

Pupils who compete for the school in a variety of competitions have their success shared in assembly and also on the School Games Board on display. Pupils who have a particular talent are encouraged to share that talent and inspire their peers. Again their success is celebrated by the school community.

### **Evaluation**

All staff and Governors will receive a copy of the policy. This policy will be evaluated annually in consultation with staff and following any national initiatives. A copy will be available on the school website.