

# Physical Education, School Sport and Physical Activity (PESSPA) Policy

## Park Spring Primary School



**Approved by:** Victoria Wood

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## Our intent

At Park Spring our children will have the motivation, confidence, physical competence, knowledge and understanding to take part in physical activities in order to develop healthy lifestyle behaviours.

## Our aims

- To deliver high-quality curricular P.E. for all pupils.
- To increase pupils' daily physical activity through a love of movement.
- To educate pupils about healthy living, lifestyles, well-being and their bodies.
- To provide opportunities to take part in competitions and extra-curricular clubs.
- To inspire pupils to achieve and excel in competitive sport and other physically-demanding activities.
- To support pupils to become more independent in their learning.

## Provision

All pupils receive two P.E. sessions per week (minimum of 2 hours of PE per week). These can be either indoor or outdoor and include swimming lessons in Year 4 and Year 6.

All pupils will be given the opportunity to experience competition in a Physical Activity through intra-school or inter-school competition.

## Curriculum

Physical Education (including swimming) is a compulsory National Curriculum subject. The National Curriculum Physical Education Programmes of Study for KS1 and KS2 are used as the basis of our provision. In EYFS the Early Years Framework is used, mainly focusing on the Physical Development strand of the Framework. The PE Hub scheme of work is used to support the planning and delivery of equality, fun and engaging lessons and is fully aligned to the new National Curriculum and OFSTED requirements. It focuses on the development of agility, balance and coordination, healthy competition and cooperative learning.

## P.E. Teaching and Learning

Pupils take part in a wide variety of activities. At the beginning of their school life children learn and explore basic movement skills through physical literacy. They develop agility, balance and co-ordination during all their lessons. As they develop these skills throughout KS1 and KS2, they then begin to put these skills into games and learn the importance of working together to help them achieve and compete.

Pupils are given the opportunity to play a wide variety of team games and are challenged to apply their skills in traditional and non-traditional games, as well as creating their own games to develop their skills and abilities.

Within P.E. lessons pupils are given the opportunity to talk about healthy living, lifestyles, well-being and their bodies. This is linked to our P.S.H.E. and Science curriculums.

Planning for P.E. is initially shown in long term plans and lesson plans, including specific Learning Objectives, are then used to provide more detail. This ensures we deliver high quality curricular P.E. for all pupils

Teachers are supported with their planning and assessment by the P.E. Subject Leader as well as coaches from partner organisations, mainly Leeds Rhinos Foundation and Leeds United Foundation. Continuing Professional Development (CPD) is supported to ensure that the quality of teaching and learning remains high and that staff are up to date with the latest developments.

### Assessment

Assessment, recording and reporting are important elements in ensuring that progress is made by pupils in Physical Education. Summative and formative assessment is carried out by class teachers. This is done informally, during teaching, through observation as well as recorded at the end of a unit. Pupils are encouraged to peer- and self-assess their own performance throughout their P.E. lessons. An emphasis is placed on pupils being reflective about their own learning in order to improve their Personal Best and excel in physically demanding activities.

Any assessment undertaken is used to inform future planning. Summative assessment is reported to parents formally once a year.

### P.E. and Sports Premium Funding

From September 2013 the Government has provided Sports Premium funding to improve the quality of sport and P.E. for all pupils. This funding is managed by the P.E. Subject Leader, supported by Senior Management and Governors.

As a school we want to ensure this money has a long-lasting impact. The use of the Sports Premium is planned and monitored for impact. Current plans and impact reports can be found on the school website or on request from the school directly.

### Equality and Inclusion for all in Physical Education and Activity

At Park Spring we strongly believe that all pupils, regardless of race, gender or ability, deserve, and are entitled to, equal opportunity. Physical Education provision at Park Spring caters for the individual needs of all pupils.

Throughout every activity within the Physical Education curriculum, children will have the opportunity to participate, and in so doing, develop their personal skills, knowledge and enjoyment. All pupils will be supported to achieve and make progress in line with their physical abilities.

### Non-negotiables

In addition to these guidelines the following non-negotiables apply to our pupils;

- Correct kit is to be worn for indoor and outdoor P.E.
- Indoor kit;

- Navy blue or black shorts.
- Round necked, white, plain (no logos) t-shirt.
- Outdoor kit; as above with;
- Plain black or navy tracksuit (no logos)
- Outdoor trainers.
- P.E. kit should be worn on the day of the PE lesson.
- For swimming lessons girls should wear a one-piece swimsuit with boys wearing swimming trunks (or shorts which must be above the knee). They are allowed to bring goggles to swimming lessons.
- **All** jewellery must be removed before a P.E. lesson. This includes watches and earrings. The only exceptions to this are jewellery that is unable to be removed due to religious beliefs and earrings that are unable to be removed in the first few weeks. In these cases, micropore tape should be used by the child to cover the item(s).
- Long hair must be tied up.
- Pupils need a letter or guardians need to ring and speak to the office if not taking part in P.E. These children will then have an active role in the lesson  
e.g. evaluating performance, videoing, supporting groups etc.

## Health and Safety

Everyone has a responsibility to ensure all activities are carried out with due regard to the safety of staff and pupils in line with school, Local Authority and Health and Safety Policies. Reference should be made to the AfPE (Association for Physical Education) document:

Safe Practice: In Physical Education, School Sport and Physical Activity.

If travelling off-site then the Evolve online system for planning, approval and management of educational visits is used to ensure that appropriate Risk Assessments and procedures are in place.

## Out of school hours' provision and Competition.

As a school we run a wide variety of lunchtime and afterschool sports clubs. These can include both active clubs such as football, netball, athletics, rugby and dance as well as skill-based clubs such as craft and art. We belong to the West Leeds School Sports Partnership and through this can access competition pathways in local and city wide sporting competitions. These pathways lead to regional and national competitions if successful at local level. We are also able to access a range of friendly competitions where a range of pupils can be given the opportunity to participate.

## Physical Activity

In addition to Physical Education lessons opportunities are given to increase pupils' daily physical activity through a love of movement. These can be through active learning in the classroom or other cross-curricular activities. Outdoor time such as breaks and lunchtimes are used to encourage activity through playing games with the use of Pupil Sports Leaders trained by Leeds Rhinos Foundation and support from Health for all.

The Sports Crew are the pupil voice for PESSPA and meet with a member of staff to discuss suggestions and improvements that could be made to the provision of activities.

### Resources

Park Spring has resources that can be used to access a range of activities and games. This equipment is stored in the garage. Playtime equipment is stored separately in the play store. The resources are managed by the P.E. Subject Leader but it is the adults' responsibility to ensure that all resources are returned to the correct location and the stores are kept in an organised manner. The Sports Crew also help to keep the resources in good order, particularly the playtime equipment.

### PESSPA in the wider community

We are supported both in and out of school by Leeds Rhinos Foundation and Leeds United Foundation. We invite local teams and organisations into the school to provide taster sessions or assist with events. Parents are invited to take an interest in out of school activities, festivals and competitions and are consulted about improvements that could be made. Other organisations are signposted by the school for pupils interested in pursuing a sport outside school hours.