



Physical Education, School Sports and Physical Activity Policy (PESSPA)

Policy Reviewed by Curriculum and Standards Committee Spring 2024

Vision Statement

At Edmondsley we recognise the role that PE has in promoting a long-term, healthy lifestyle which is both enjoyable and fulfilling. We aim to provide a high-quality physical education that enthuses and inspires our pupils to succeed and be challenged to achieve their personal best, in both competitive sport and other physical activities.

Introduction

At Edmondsley Primary School we believe that physical education, school sport and physical activity (PESSPA) experienced within a well-managed, safe and educational context is a unique and vital part to a pupil's physical development and well-being. We fully support the ethos that 'Physical Education is part of every child's entitlement to a good education' (Ofsted 2013).

Aims and objectives

Our aim of establishing and applying safe-practice standards in PESSPA are to:

1. inspire and engage children's interest in sporting activities through providing a wide range of opportunities within school, after school and within the wider community.
2. foster children's interest in physical wellbeing and healthy lifestyles in order to establish long lasting lifestyle messages.
3. promote values through sports and positively encourage children to share, respect, support, trust and work together.
4. develop skilful use of the body, the ability to remember, repeat and refine actions and to perform them with increasing control, co-ordination and fluency.
5. develop an increasing ability to select, link and apply skills, tactics and compositional ideas.
6. develop an understanding of the effects of exercise on the body, and an appreciation of the value of safe exercising.
7. develop the ability to work as a team player, taking the lead and learning to work collaboratively with others.



8. promote an understanding of safe practice, and develop a sense of responsibility towards their own and others' safety and well-being.
9. foster and further develop existing talents within individuals

Curriculum Planning and Organisation

Each class is timetabled so that they can access the hall at least twice a week regularly. Our extensive grounds (including the tennis courts, playground, field and woodland areas are used to facilitate activities such as outdoor activities and games. Teaching staff deliver high quality PE activities/lessons for 2 hours per week. To compliment this, coaches from local sport clubs (e.g. Tennis/Cricket) and our affiliation with Durham and Chester-Le-Street's School Sports Partnership regularly provide additional opportunities for enriching, enhancing and extending the PE curriculum, including activities such as fun runs, boccia, archery, fencing and more.

After school sessions include a sports clubs which run weekly for all children, the focus of which changes termly but are decided upon with pupil voice in mind. In Key Stage 2, weekly swimming lessons are provided by qualified teachers from Bullion Lane swimming pool.

Through the Chester-Le-Street's School Sports Partnership, the children are all given regular opportunities to participate in intra and inter school competitive sporting activities. Edmondsley Primary School also has an active School Sports Organising Crew who have been trained via the Playground Leader scheme which encourages and promotes leadership opportunities for Key Stage 2 children in PESSPA.

Early Years Foundation Stage

Children access a range of daily activities to develop their fine and gross motor skills and have access to a dedicated outside area. In addition to this, they also have a weekly PE lesson.

Physical development within the EYFS framework is one of the three Prime Areas for learning.

The two related Early Learning Goals are:

Physical Development Gross Motor Skills ELG Children at the expected level of development will:

- Negotiate space and obstacles safely, with consideration for themselves and others;
- Demonstrate strength, balance and coordination when playing;
- Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.

Fine Motor Skills ELG Children at the expected level of development will:

- Hold a pencil effectively in preparation for fluent writing – using the tripod grip in almost all cases;



- Use a range of small tools, including scissors, paint brushes and cutlery;
- Begin to show accuracy and care when drawing.

Key Stage 1 & 2

The school follows a spiral programme of study to ensure breadth and depth of the National Curriculum. A range of sports, games and active provision is planned by class teachers to ensure engagement and enthusiasm for physical activity. Lessons are adapted to meet the needs of each individual class and are supplemented with ideas, activities and advice from specialist teachers. Our programme of study meets the current National Curriculum guidelines and objectives therein.

Lessons are blocked in units of work to promote greater depth of understanding, developing skills, contextual application of these skills and the ability to perform reflectively. An overview of each classes' curriculum within PE can be found in Long Term Planning on our School website.

Inclusion

Class teachers will ensure that spare PE kit is available for any occasional circumstances where a child does not have their own in school. A reminder slip will be sent home to parents to tell parents which items of PE kit are missing. Lessons will provide good quality experiences that are suitably challenging for all pupils whereby children will undertake different activities, but all will be given the same opportunity to achieve the aims through an appropriate range of provision.

For children with limited gross motor skills or where SEND may cause a barrier to learning in PE, the integrity of activities will be maintained and expectations will take into account the individual needs of pupils. For those children who are more able and talented, provision and lessons will be adapted to suit their needs.

Assessment & Recording

Assessment is carried out by teachers in the course of the normal class activity. This is done mainly through observations and sometimes through discussion with children. Also photographic/video recording is sometimes used to document some of their work and to provide evidence.

Physical development levels and progress are recorded by the EYFS teachers for each child and levels of attainment are recorded through end of unit evaluations for KS1 and KS2 pupils, the outcomes of which are passed to the PE lead for analysis. Physical Education/physical development is also included as part of the end of year reports to parents.



Health & Safety

All staff have due regard for the current Association for Physical Education (AfPE) PE guidance for safe practice in PE (2012) when preparing and delivering PE lessons, the main aims of which include:

- Pupils are taught how to improve their own abilities to assess risks.
- First aid equipment is available, and all staff are trained in what action to take, including calling for assistance in the event of an accident.
- Inhalers for pupils suffering from asthma are made readily accessible
- Children with diabetes are monitored closely throughout and after PE lessons by staff.
- Regular safety checks are made on all equipment with all large items of equipment inspected annually by an independent safety expert.
- The subject lead makes termly visual checks for wear and tear and security of major items, and all staff are responsible for reporting to the office staff if any items show wear and tear.
- Any items constituting a danger are taken out of use immediately.
- Pupils are taught how to move and use apparatus safely under the supervision of a teacher or responsible adult.
- Pupils are made aware of safe practice and understand the need for safety when undertaking any activity.
- Pupils are taught to understand the safety risks involved in wearing inappropriate clothing, footwear or jewellery and other body piercings.
- Teachers ensure that no jewellery is worn in lessons and long hair should be tied back. On health and safety grounds we do not allow children to wear jewellery in our school. Please see our uniform policy.
- Pupils wear suitable footwear when travelling to and from the hall.

Resources

There is a variety of equipment to enable pupils to achieve objectives, which are best suited for their age and stage. Large equipment/mats and most indoor PE resources are stored in the hall or additional container placed beside the hall.

Outdoor equipment (such as balls, tennis rackets) is stored in the outdoor stores outside the hall or Key Stage 2 entrance.

Lunch and Break times

As we are an OPAL (Outdoor Play And Learning) School, children are encouraged to be active during lunch and break times in addition to their two hours of PE teaching. There is a range of equipment that is used for role play, den-building and imaginative play. All equipment is safety checked when arriving at school daily. Our SSOC have had training and frequently lead games/activities during these times.



Administration Arrangements for Extra Curricula Sporting Events

The PE Lead liaises with the Schools Sports Partnership and other sporting bodies to arrange competitions and sporting festivals. Arrangements and parent letters are promptly passed onto staff whereby they complete a visit proposal using the online EVOLVE tool. Risk assessments and itineraries of the events are expected to be completed by the class teacher and forms submitted to the EVC.

The PE Lead liaises with teachers/support staff and sports coaches to arrange after school clubs and office staff arrange payment and registers. These registers are passed to the appropriate coaches when they enter the premises and after DBS checks are carried out. Children should change back into their school uniform at the end of clubs before leaving school. A member of staff will dismiss children from the main entrance.

School Sports Premium

The school has a detailed plan to improve the quality of PE provision for all pupils. This is updated termly and reviewed by Governors. The plan includes an overview of sports premium spending and a review of the impact of the allocated funds. This plan is available to view on our School website.

Monitoring & Review

This policy will be reviewed annually by Governors.

