

CORSHAM PRIMARY SCHOOL

PE Policy



Reviewed: May 2022

Policy Ratified by the LGC: May 2022

Next Review Date: May 2025

Corsham Primary School

Physical Activity Policy



To be read in conjunction with school policies on Health and Safety, Safeguarding and Teaching and Learning.

Aim

We aim to offer a wide variety of physical activities throughout the school day – and beyond, both on and off site, which are used to promote all pupils', staff and visitors' physical abilities as well as to enhance their health and wellbeing.

Rationale

Why this policy is important:

- This policy will support the school's ethos as a health-promoting environment.
- This policy will show all involved in the school life, the substantial health benefits of regular and purposeful physical activity.
- The policy will highlight the significant role in which the school can play in contributing to family and community health and wellbeing.
- The policy will maximise the opportunities available for regular physical activity and engage with all pupils in order to help them meet the requirements of the National target of two hours per week.

- The policy will ensure that these two hours, minimum, will be based on high quality Physical Education lessons taught throughout each year group.
- The policy will ensure that all children receive the opportunity to attend a wide range of, free or for a small fee, sporting clubs both before and at the end of the school day.
- This policy will have a key role in encouraging increased participation rates among young people – showing an awareness of the obesity epidemic relating to the decreasing levels of physical activity among children.
- To ensure that a whole range of purposeful physical activities provide the ability of children to learn effectively.
- This policy will provide a range of opportunities for the children to take part in festivals intra - pupils from the same school competing and inter – pupils from two or more schools competing.
- This policy will encourage links within the community, therefore improving community cohesion.

Objectives

Our overall ambitions are:

- To provide consistent messages in school about physical activity both within and outside the taught curriculum.
- To increase the amount of physical activity within the school through other activities not just lessons and the curriculum.
- To increase the physical activity of all children in line with national targets.
- To contribute to optimum all pupil behaviour, physical fitness, growth and development, assisting pupils to reach their full potential.
- To improve self-esteem and confidence among pupils and provide opportunities for them to work together.
- To provide opportunities for all pupils to develop valuable life skills, enabling them to understand the contribution that physical activity can make towards their mental and physical wellbeing.
- To increase all pupils' knowledge, understanding, experience and attitudes towards physical activity.
- To ensure that physical activity provision in school reflects the cultural and medical needs of pupils.
- To provide out of hours opportunities for physical activity for pupils, staff and the community.
- To monitor and evaluate Physical Education lessons taught throughout the school.

How our objectives are delivered:

Ethos and Environment

We encourage every child to be active throughout the day including before and after school hours.

As well as the PE lessons within the curriculum, we have initiated 'Huff and Puff', a government scheme, allowing all children in Years 1 – Year 6 to take part in a rota event on the playground every lunch time. The children are provided with a range of apparatus, including a trim trail and outdoor gym equipment, which encourages the children to make the most of their lunch hour by becoming an active, physical and fun activity as well as preparing them for a calmer return to the classroom after their lunch break.

This system also allows the involvement of the Sports Leaders who organise further events on the Huff and Puff zoned areas, as well as trained Lunchtime Supervisors, who get the pupils involved. In2Sports provide activities for pupils to participate in during some lunchtimes with the incentive to focus on the less active pupils. We also have an interactive pod that is on during break and lunchtimes with dance routines and other activities for the children to join in with.

During the school day, teachers encourage children to stay active by doing short activities of brain gym, wake and shake, just dance etc.

Out of Hours Learning

We offer many before and after school clubs at both sites involving physical activity that encourage all children, at both Key Stage One and Two, to take part in both competitive and non-competitive sporting activities. Currently clubs we provide are: Football, Dodgeball, Gymnastics, Multisports and Street Dance. Previous clubs have been also included: Netball, Tag Rugby, Cricket, Judo, Hockey, Archery, Athletics and Tennis. We also provide a Highly Able invite only club for Key Stage 2 pupils. Pupils are selected to attend competitive sporting events within the Corsham Cluster, where they compete against other schools in events such as: Swimming, Tag Rugby, Football, Cricket, Cross-Country etc. We also attend sporting activities against the other schools in our MAT (Multi Academy Trust).

Community Links

Members of the wider community run some out of hours clubs. We have made strong links with The Bath Rugby Foundation. A variety of year groups throughout the years have worked alongside The Bath Rugby Foundation to received a range of different programmes such as: Attacking Numbers, Tackling Health and Mindset Matters. The children also take part in events relating to the Cricket club as well as Swimming at the Corsham Leisure centre. We also have a link with

Corsham running club with children participating in the one mile club. In2Sports provide lunchtime clubs for the children some of these clubs support the children who are less active and maybe don't always get the opportunity to play sports outside of school.

Children in Years 3 and 4 also attend weekly swimming sessions as part of their two hours of physical activities. These lessons take place at the Corsham Leisure centre and are led by swimming coaches, provided by the centre as well as our teaching team. Children also have the opportunity for booster swimming sessions in years 5 and 6 if they need them so they can reach the national requirement of being able to swim 25 metres.

Teachers from the secondary school make links with a range of year groups at Corsham Primary in order to teach a range of Physical Education lessons. This is supported by the SSCO (Secondary Sports Co-Ordinator) from Corsham School.

Pupils from the secondary school, who wish to take career paths in Physical Education and Health care, also make links with our years groups in order to arrange lessons with our pupils and carry out training programs.

Active Travel

The school has an approved Travel Plan, which aims to promote and encourage alternatives to travelling to school by car. Children in year 6 are invited to take part in Cycling Proficiency programmes facilitated by trained members of the school community and bicycle storage is offered on site.

'Walk to school' a government scheme is also used to promote a healthy and active lifestyle. All pupils are encouraged to travel to school, at least once a week, in a healthy way – either walking or scooting / riding a bike. Children and classes who are recorded as doing this receive a certificate and stickers for their effort.

Other

Both sites have playing fields, playgrounds and an adventure play area. There is a range of equipment available on a rota for children to use at breaktimes, including outdoor gym equipment. The foundation stage has a covered outdoor area for them to access all aspects of the curriculum in an active way. Our lunchtime team are employed as Playworkers and plan activities/games to play with the children.

The school organise a yearly Sports Day now called a Sporting Festival, which takes part separately at each site and all races are gender and ability based – ensuring the participation of all. Children earn points for their coloured teams (red, yellow, green or blue) for coming 1st, 2nd or 3rd and all the results are correlated for each site and then an overall winner for Corsham Primary. Foundation Stage and Key Stage One participate in the same four events: egg and spoon, hurdles, bean bag shuttle run and sprint. Key Stage Two choose

which three events they would like to participate in from the choice of five: throwing (vortex), bean bag shuttle run, egg and spoon, hurdles and sprint.

Throughout the year the whole school participate in Intra-Sports competitions against each other. These can be from which class can get the most points throwing beanbags into a hoop to which class can run the most lengths of the playground. This has also been made an Inter-Sports competition with results competing against other year groups in the MAT (Multi Academy Trust) schools.

Years 5 and 6 children are provided with the opportunity train as Sports Leaders. Children are given the opportunity to show that they have skills in leading small groups of peers and can organise and lead small groups of warm up, cool down and mini games. This also links with the More Able pupils. The children who decide to take on the role of a Sports Leader are then given specific training. This can then be followed once they enter secondary school and can lead onto an NVQ qualification.

Equal Opportunities and Inclusion

When writing and reviewing this policy staff have completed an Equality and Diversity Impact Assessment in order to ensure it complies with equality obligations outlined in anti-discrimination legislation. We believe the policy positively reflects the aims and ambitions identified in Corsham Primary's Single Equality Scheme.

Physical activities should aim to allow all children to make the best progress possible, using differentiation as a tool to cater for all. Support staff have received training on appropriate ways to provide opportunities for children with physical impairments, to ensure their full inclusion in activities.

Safe Practice

The general teaching requirement for health and safety applies in this subject. We encourage the children to consider their own safety and the safety of others at all items. We expect them to change for PE into the agreed clothing for each activity area. All children may borrow spare kit from a box in the classroom if they have no kit. Key Stage 2 children may ring home to request that kit be brought in and spare kits are available in order to discourage pupils from having to sit out. No jewellery or watches are to be worn for any physical activity. Teaching staff should set a good example by wearing appropriate clothing when teaching PE. Student teachers teach PE under the supervision of their class teacher and some learning tutors do not teach PE.

Risk assessments are in place for Physical Education. The Lead Athletes and Leadership Team are responsible for purchasing equipment and resources.

A copy of Good Practice is kept in the PE cupboard.

Indoor and Outdoor Physical Education lessons are timetabled weekly in each year group. Lessons should be conducted in a secure, supportive and disciplined manner. Pupils will learn the rules, etiquette, laws and codes for various activities. During the lesson there are opportunities for pupils to observe, evaluate, demonstrate and discuss. Where possible, links are made with other areas of the curriculum.

PE Insets, planned several times in the school year provide all teaching staff with knowledge on up to date information including resources and skills appropriate to their class.

Individual staff and the PE subject leaders keep a record of any courses teachers have attended relevant to the subject.

In school coaching by outside agencies are incorporated in to the PE timetable, throughout the school to work alongside the class teacher and provide an excellent mentoring scheme.

Equipment and Resources

There is a designated PE storage cupboard for all curriculum PE equipment as well as a cupboard, in the Lead Athletes' classroom, used to store up to date books and relevant schemes of work. Sheds are also provided to store equipment, including the Huff and Puff resources.

The 'Huff and Puff' shed houses all the necessary equipment for this activity at lunchtimes. A folder is used by the co-ordinator, staff and Sports Leaders to ensure that the equipment is kept up to date on a regular basis. Pupils who ride bicycles to school store them in designated areas. The soft play equipment is stored in the KS1 corridor and the Foundation Stage equipment is stored in a shed outside their classroom.

All equipment is kept in good condition and checked regularly.

Gymnastic and wall apparatus is also serviced on a regular basis.

Awards

Corsham Primary gained the AfPE Quality Mark Award for PE with a Distinction in 2016 and received this again in July 2019. This is a highly recognised Award which only a small handful of schools achieve at this level.

Success Criteria

- Pupils are using opportunities to take part in physical activity throughout the school day and out of hours – PE sessions, Huff and Puff, after school clubs.
- Pupils participate in physical activity at their own level, in a way that best suits their ability, culture or needs.
- Pupils are given health and safety information and carry out sessions in an appropriate manner – e.g. clothing, behaviour and rules.
- Appropriate risk assessments are up to date and inform physical activity provision.
- Pupils are able to explain the impact that physical activity can have on their wellbeing.
- The school is used as facilitator of physical activity for all. A range of activities are offered and taken up by pupils, staff and members of the wider community in and out of school hours.
- Equipment follows the needs of provision and is stored appropriately.
- The school continues to encourage healthy approaches to travelling to school.

UNICEF

Corsham Primary is a UNICEF *Rights Respecting School* which promotes the Convention of the Rights of the Child. This policy underpins Article 29 of the convention:

Aims of Education: Education shall aim at developing the child's personality, talents and mental and physical abilities to the fullest extent. Education shall prepare the child for an active adult life in a free society and shall foster in the child respect for his or her parents, for his or hers' cultural identity, language and values and for the cultural background and values of others.