

# **Widney Junior School**



## **P.E. School Sports & Physical Activity Policy**

**Miss Vicky Ellis**

# **CONTENTS**

## **1. INTRODUCTION**

## **2. AIM**

## **3. CURRICULUM /PLANNING**

- ORGANISATION

## **4. PARTICIPATION / EXPECTATIONS**

- START OF LESSON
- DURING LESSON
- END OF LESSON
- LEADERSHIP
- ACTIVE LESSONS
- COMPETITION
- PROVISION FOR MORE-ABLE CHILDREN
- PROVISION FOR LEAST ACTIVE CHILDREN
- SPORTS MARK AWARD
- ACTIVE CLUB LINKS
- PARENTAL LINKS

## **5. RESOURCES**

## **6. TRAINING & SAFEGUARDING**

## **7. HEALTH & SAFETY**

## **8. ROLE OF THE PE CO-ORDINATOR**

## **9. ASSESSMENT**

## **10. EXTRA-CURRICULAR**

## **11. SPORTING EVENTS**

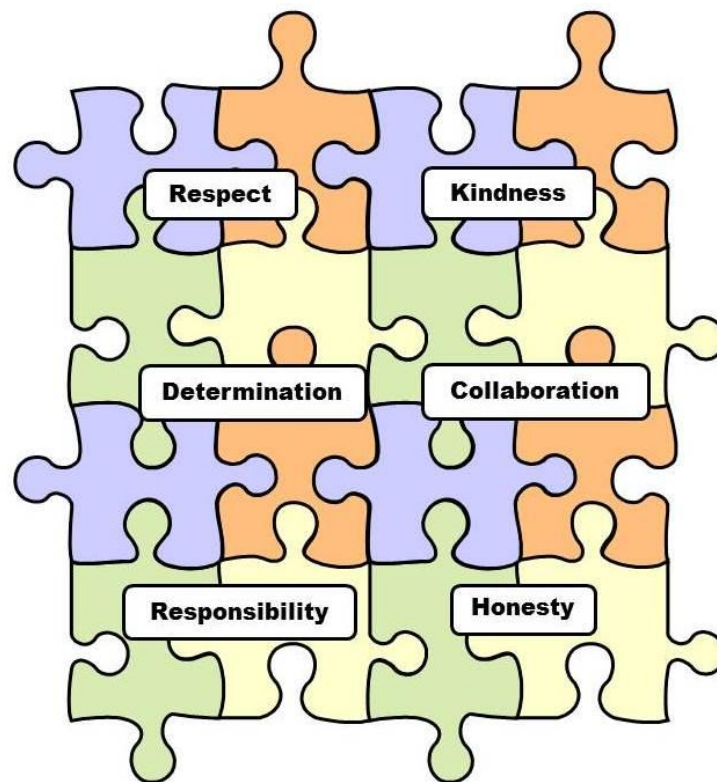
## **12. TECHNOLOGY**

## **13. EVALUATION**

**Widney Junior School**  
**Physical Education Policy**

**Our school values**

Through discussion by all members of the community including parents, children, teachers and governors, we hold the following values at the heart of our school.



These core values are held by our school and underpin all aspects of the taught curriculum at Widney.

**Challenging Stereotypes- inclusion and diversity.**

Widney is committed to challenging stereotypes in all aspects of school life. This may be on grounds of race, sexual orientation, faith or gender. Widney is proud to be an active Stonewall school and all staff are expected to work within these guidelines. Within the curriculum for this subject, consideration will be given at the planning stages by the subject leader and the class teacher to promoting diversity in its broadest sense. Opportunities will be given for pupils to reflect, discuss and share opinions within the context of our whole school values. All adults in school have the responsibility to challenge attitudes or actions which may discriminate or be deemed as being derogatory towards another group. We endeavour that our

pupils and community show respect, tolerance and empathy in order for them to be responsible members of modern British society.

## INTRODUCTION

P.E. & Physical Activity play an important role in developing children as a whole. All children are entitled to benefit from high quality PE provision and there is significant evidence to show that this supports other learning right across the curriculum.

PE & Physical Activity also contribute to healthy, active lifestyles, improve emotional well-being, reduce poor behaviour, increase attendance and develops key skills such as leadership, confidence, social and team building skills.

### **The Obesity Strategy – A Plan for Action (DfE)**

“Every primary school child should get at least 60 minutes of moderate to vigorous physical activity a day. At least 30 minutes should be delivered in school every day through active break times, PE, extra-curricular clubs, active lessons, or other sport and physical activity events, with the remaining 30 minutes supported by parents and carers outside of school time”.

Regular participation in sport and physical activity can help to reduce the risk of heart failure; improve physical fitness; help with weight management; promote good health; instil self-discipline; develop skill; improve self-confidence; reduce stress and develop lifelong learning skills.

## AIM

Our aim is to improve and increase the quality and quantity of PE & physical activity for all children, to show how PE & physical activity can enhance children's attainment and achievement and to create pathways for them to continue to be active beyond school. We will be developing our links to outside agencies and clubs which will help to generate positive interaction in the community. We also aim to ensure the profile of P.E. sport & physical activity is raised across the school as a tool for whole-school improvement. We are striving towards improving delivery of the teaching & learning of PE in order to promote participation, progress and performance. 'High quality PE and school sport produces young people with the skills, understanding, desire and commitment to continue to improve and achieve in a range of PE, sport and health enhancing physical activities in line with their abilities' (DCMS Learning through PE & Sport). Our school recognises the impact that the provision of a high quality PE and school sport curriculum has on the whole school and that it can lead to whole school improvements. 'Developing pupil's personal qualities through PE can affect their attitudes towards school and learning. When PE and school sport provision is of the highest quality, all pupils will, to the best of their abilities, develop and demonstrate the following personal qualities:

- A strong desire to learn & make progress;
- High levels of dedication, attendance and involvement in PE and school sport;
- High levels of commitment to PE and school sport;
- Good levels of positive behaviour such as politeness, fair play and helpfulness; and
- High levels of enjoyment and enthusiasm and a strong desire to get involved.'

(DCMS Learning through PE & Sport)

# CURRICULUM / PLANNING

Our PE curriculum aims to ensure that all children develop the fundamental skills and competence to excel in a wide range of physical activities by providing a broad & balanced curriculum with opportunities for all to be enjoyed. The PE Curriculum, Schemes of Work and Programmes of Study used at our school have been supported by our investment of the South Solihull Sports Partnership (supported by the Youth Sports Trust), The PE HUB resources and covers all areas of activity outlined as statutory in the PE National Curriculum 2014. Staff are able to access these resources on The PE Hub online platforms as well as hard copy folders given to each class. All children are provided with a minimum of 2 hours timetabled high quality PE, extra-curricular provision and further physical activity in addition to this throughout the school day every week, including: Daily Mile, Active Travel, Active Classroom Minutes, Active Break times and Active lunchtimes, Personal Best Challenges and active after school clubs. We believe a high quality PE curriculum should be an integral part of the whole school curriculum and one that staff, children and parents understand and can contribute to, which is why it is included in our School Improvement Plan. It is also accessible on our school website for parents and children to see, via Knowledge Organisers. Our school recognises the values that a high quality PE and school sport curriculum gives children.

A high quality PE curriculum will develop physical literacy and will allow children to learn about themselves, the importance of a healthy lifestyle, self-expression and concepts such as fair play and respect. It also contributes to the development of a range of important cognitive skills such as decision making and analysis, and social skills such as teamwork and communication.

Physical education encourages pupils to be active and supports them in their understanding of how to participate safely and effectively. They understand the barriers to participation and work to overcome these for themselves and others. Our PE curriculum is inclusive and ensures that children of all abilities can access the range of activities we offer and that they are physically active for sustained periods of time in order to encourage them to lead healthy, active lives. There are also opportunities for children to take on leadership roles in which they can build character and embed values such as fairness and respect.

## **Organisation**

Classes are taught in year groups and are mixed sex. Lessons are normally taught by the class teacher or alongside a PE Specialist or coach. Swimming lessons are always taught by a specialist swimming teacher, with the class teacher present.

# PARTICIPATION / EXPECTATIONS

Our aim is to engage ALL children in regular physical activity as recommended by the Chief Medical Officer. ALL children are expected to take part in their timetabled 2 hours of physical activity every week unless they are deemed medically unfit or injured, in which case a note should be provided by either doctor or parent. These children, if able, will be given some other PE related task to do e.g. observer work sheet, assessing on an iPad, officiating

or coaching. Children who forget their PE kit, their teacher will make an assessment whether they can participate in school uniform or they will be given a PE task to do e.g. observer work sheet, assessing on an iPad, officiating or coaching.

Our PE Kit is as follows:

INDOOR – Widney t-shirt, black shorts and black pumps.

OUTDOOR – Widney t-shirt, black/navy sweatshirt depending on the weather, black/navy tracksuit bottoms or black shorts depending on the weather, socks, trainers.

For long hair a bobble must be worn

No jewellery of any description

### **Start of the lesson**

Pupils change into the correct kit in a quick, sensible, quiet manner

If pupils are unable to take part, the teacher will be informed

Pupils will be given a clear 'lesson end point' outlining the Learning Journey progression and the lesson objectives

The teacher will recap on previous learning, to build on skills progression

Sports Council can assist teacher with setting up / carrying equipment if needed

### **During the lesson**

Pupils will behave in accordance with the school's positive behaviour policy

Pupils will demonstrate British Value - Respect others

Pupils will have opportunities to make a positive contribution

Feedback will be given and pupils can contribute by evaluating their own/peers performance, using the 'What Went Well and Even Better If' (WWW & EBI) model

Pupils will be focussed and on task

Pupils can try different roles

### **End of the lesson**

Feedback will be given and pupils can contribute to the plenary by evaluating their own/peers' performance, using the What Went Well and Even Better If (WWW & EBI) model, relating to the lesson end points set out

Sports Council can assist in putting the equipment away if asked

Change quickly and sensibly

### **Leadership**

Year 5 & 6 currently undertake the Active Play Leaders Role set up by Sports Leaders and delivered with the PE Lead. This enables all of our Year 5/6 pupils to learn how to become leaders and build their confidence in organising and leading activities for others under supervised conditions. They can then continue this into future years.

### **Active lessons**

Our school is developing its commitment to increasing physical activity and embedding it within the whole school ethos. We currently undertake the Daily Mile/Active Minutes into the school day and we also increase activity through active travel to and from school, active playgrounds and active/ Curriculum enhancement.

### **Competition**

A high quality physical education curriculum can inspire all children to succeed and excel in competitive sport and other physically demanding activities. We have an ever increasing programme of Level 1 (Intra) and Level 2 (Inter) school competitions which provides opportunities for children to participate in competitive sports and activities both in and beyond the curriculum at the appropriate level. Children also have the opportunity to progress through all 4 Levels of competition. We also take part in a number of 'Come and try events', 'Just for fun' festivals and 'Development' activities which allow opportunities for those children who maybe aren't so competitive to take part in new activities they wouldn't normally try. Our inclusive programme of provision is specifically targeting those children who have additional needs and gives them the opportunity again to try things they might not always get the chance to do elsewhere.

### **Provision for More-Able Students**

Staff are asked to consider carefully any child in their class showing consistently good all round sporting talent and whom may not necessarily be taking part in sport outside of the school day. These children will then be identified and encouraged to join extra clubs both within and out of school.

### **Provision for Least Active Students**

Our PE school data allows us to select those children who may not be as active and not getting the amount of recommended activity. We can then target extra provision for these children to try and support and increase their physical activity requirements. We can also identify those least active, as the PE Lead/School Office has data of activities for every child in the school. This shows what they have taken part in over the year. They can then select those not taking part for the next activities coming up or direct them to specific clubs. We also complete the Daily Mile as a whole school activity every day, whereby children must walk, jog or run a mile around the school grounds. This ensures all children are doing some form of physical activity throughout the day and encompasses the government's plan of 30 minutes every day in school being physically active.

**Sports Mark Award** – Every year we apply for the School Games Sports Mark Award which is awarded for improvements in all aspects of sporting participation. This year we gained the **Platinum** Award which means we are achieving exceptionally high sporting standards with many children taking part in sport, and as a whole school taking part in many sporting activities.

**Active Club Links & Pathway Sport** – we have at least 5 links to outside clubs and agencies and we also give all children the opportunity to let us know what they are doing outside of school by completing a questionnaire. We promote other clubs in assemblies.

### **Parental Links**

We are in regular contact with parents regarding PE and sport in order to keep them updated and informed. We do this in the following ways:  
Tweets, Website, Questionnaires, newsletters, noticeboards.

# RESOURCES

Our school sporting facilities include a hall, field and playground. We also have a trim trail and outdoor fixed fitness equipment. We have a variety of playtime equipment including hoops, balls and skipping ropes. We have a vast array of balls, bean bags, bibs and other equipment to help us teach good quality lessons and activity sessions.

# TRAINING & SAFEGUARDING

One of our aims is to continue to increase confidence, knowledge and skills of all staff in teaching PE and sport. Our PE Lead and PE Specialist (South Solihull Sports Partnership) works alongside all staff over the year team teaching and observing their work. Our staff have regular access to CPD and training via our PE Specialist and numerous opportunities offered from outside agencies such as Active Maths. Staff are regularly updated through the South Solihull Sports Partnership emails & conferences and through the YST website. Staff are also fully trained in all aspects of safeguarding and child welfare and understand how to identify and report any concerns they may have.

# HEALTH & SAFETY

Our PE equipment is regularly maintained and is inspected annually by Solihull Authority. We have a certificate to show the inspection date. All teaching staff check their PE equipment is safe and appropriate to use for each lesson. Staff have had Training in Safe Practice and work alongside the PE Specialist to identify Risks & Hazards. They also have access to the Safe Practice manual supplied by AfPE if they are unsure about any aspect of PE or Sport safety. Any condemned or dangerous equipment is reported and disposed of immediately to avoid injury.

# ROLE OF PE CO-ORDINATOR

The PE Co-ordinator works alongside the PE Specialist and the head teacher to ensure that PE, Sport & Physical Activity within the school is of high quality and that we are improving what we do from year to year.

The PE Co-ordinator role includes:

- Supporting colleagues in all aspects of the curriculum
- Reporting updates to the head teacher & staff
- Keeping the noticeboard up to date
- Selecting and meeting with the sports council
- Completing the application for the Sports Mark
- Ordering new equipment
- Monitoring (with assistance from the head teacher) the PE funding
- Ensuring areas for lessons are safe
- Attending 3 termly meetings with the synergy schools
- Organising CPD for all staff
- Ensuring staff are following procedures such as PE Rewards
- Ensuring staff are delivering consistently high quality PE lessons through learning

walks and observations

- Updating the School Games Website
- Ensuring the relevant documents are on the website e.g. development plan and impact statement

## **ASSESSMENT**

By implementing a monitoring & reviewing assessment system of PE, we can measure the impact and progress of the quality & provision within our school which will lead to overall whole school improvement. Peer and self-assessment are used every lesson either through high order questioning techniques, verbal communication with each other or using the iPads. Formal assessment takes place at the end of every term for the activity/s that have been undertaken, using O'track. Weekly assessment is carried out by the class teacher using the Feedback and Marking Foundation Folders. Both staff and children are involved in this process which is then relayed to parents at parents evening or when whole school reporting is carried out.

School has a PE assessment and feedback document for every child which the class teacher is responsible for updating and monitoring.

## **EXTRA-CURRICULAR SPORT**

In our endeavour to increase participation, we offer a wide range of extra-curricular opportunities for our pupils. Clubs typically run from 3:30pm – 4:30pm.

All clubs have structured training sessions led by confident or specialist staff in that sporting area. A full timetable detailing the day each sports club runs, along with a calendar of events for competitions and fixtures can be found on the website and on the PE Noticeboard. We also send information out to parents. Children must take a letter to take part in a club and return a signed consent form. There may be cost for some clubs.

Extra-Curricular Activities include:

Football

Netball

Dance

Cheerleading

Gymnastics

Multi sports

Rounders

Tennis

Cricket

Sometimes we hire qualified sports coaches to work with teachers to enhance or extend current opportunities. All outside agency staff are all fully DBS checked and made aware of any additional needs of children.

## **SPORTING EVENTS**

Our school takes part in numerous sporting events both within school time and outside of school time. In order to do these events safely we complete a full risk assessment.

The venue hosting the event sends us a completed Risk Assessment form for each event

The teacher ratio is compliant with the local authority guidelines and all staff are

Responsible for the children at the event. Children will be fully informed with a letter of all details regarding the event and consent from parent / guardian must be obtained prior to the event occurring along with photographic consent. Parents are responsible for ensuring that the children come fully prepared by reading the detail in the letter. Staff must ensure things such as medication are taken with them.

## **SPORTS COUNCIL**

**We have Sports Councillors in school who are responsible for the following things:**

- To help the P.E. Co-ordinator organise a School Games Day (Sports Day);
- To help out at School Games Day (Sports Day);
- To help set up equipment for the Intra events;
- To help lead some of the Intra events;
- To help the P.E. Co-ordinator to give out & collect in participation questionnaires to all children
- To check weekly that all PE Star of the Week names are being recorded in classrooms
- To attend the Sports Council meetings
- To be a good role model for sport in our school
- To assist with warm ups and cool downs within lessons
  - To assist class teachers setting up/putting away equipment for PE lessons
- Help to update class intra house results on to PE notice board.

## **REWARDS/ CELEBRATE PE IN SCHOOL**

In school, we celebrate PE weekly. We give out certificates for PE star of the week every Friday. We also nominate a Sports Personality of The Year and an award is given at the end of year celebration assembly. A trophy is awarded at the end of each academic year, to the overall winning House from the termly intra-house sports competitions.

## **TECHNOLOGY**

Our school uses the following technology to enhance, assess or observe PE lessons and sport and to communicate with parents, staff, children and governors:

PE Hub

iPads

Stopwatches

Twitter

## **EVALUATION**

This policy will be updated annually by the Head Teacher / PE Co-ordinator / Curriculum Committee of the Governing Body, to ensure it is still fit for purpose. Circumstances may require more frequent modifications.