

MARCH 2023

PE POLICY

Nurturing Potential For A Brighter Future



REVIEW DATE

March 2024



let Your Light Shine!

Introduction

At Malvern Wells Primary School, we recognise the importance PE plays in the curriculum and are committed to providing all children with opportunities to engage fully in Physical Education. PE should provide opportunities for all pupils to become physically literate and confident in a way which also supports their health and fitness. Children should acquire not only physical skills, knowledge and understanding, but also the awareness and importance of leading a lifelong, healthy, active lives, as well as the values of sportsmanship, fairness and respect through the sports and activities they undertake.

Our Vision

Our Vision at Malvern Wells Primary School is to ensure ALL pupils leave our school physically literate and with the knowledge skills and motivation necessary to equip them for a healthy, active lifestyle and lifelong participation in physical activity and sport.

Our Aim

At Malvern Wells Primary School, PE is an integral part of our Curriculum that is inclusive and engages all pupils, in a supportive and challenging environment. We aspire for children to acquire, develop and refine their practical skills and techniques; to further their knowledge and understanding of PE concepts and principles and develop their overall competence, to enjoy, and excel in, a broad range of sports and physical activities.

We aim to deliver high-quality teaching and learning opportunities which enable all children to succeed; to enjoy their learning; to be resilient and consistently strive to give their best efforts at all times and achieve their potential and personal best.

Children participate in competitive sport and through this we teach children how to cooperate and collaborate effectively as part of a team and compete appropriately against others, adhering to the principles of fairness, sportsmanship and respect, values we hope to embed for future life.

We understand the importance PE, School Sport and Physical Activity has on childrens' general health, fitness and mental wellbeing. We provide opportunities for all children to be physically active for sustained periods of time and we teach children the importance of leading healthy, active lives and making informed and appropriate lifestyle choices.

Swimming is an important life skill and we aspire for all children to leave primary school being able to swim at least 25 metres.

Our PE Curriculum

- PE at Malvern Wells Primary School provides challenging and enjoyable learning through a range of sporting activities including; Invasion Games, Net & Wall Games, Strike and Field Games, Gymnastics, Dance, Outdoor & Adventure Activities and Swimming

- In KS1 and KS2, Children participate in two PE lessons each week and 1 structured adult-led lesson in EYFS.
- The Long-Term PE Curriculum Overview sets out the PE Units/Activities which are to be taught each half term throughout the year and ensures that the requirements of the National Curriculum are fully met.
- We use and adapt schemes such as Rising Stars, Val Sabin and units from Twinkl to ensure planning, content and delivery is age appropriate. This scheme ensures lessons, year on year, are progressive.
- The emphasis of our PE curriculum is inclusion for all children regardless of sporting ability. We provide suitable learning opportunities for all children, including those with SEND.
- We often use PE specialist to teach certain units where possible.
- Children in Years 5 and 6 attend swimming lesson for 1 term per year.
- We promote both participation and competition through P.E and sport. We ensure all children experience competition at some level, individually or in a team, within lessons.
- We have a Sports House system and all children participate in Intra House Sports competitions.
- Children in KS1 and KS2 and SEND children also have opportunities to participate in the Worcestershire West School Sports Partnership Inter School sports competitions
- Children participate in workshops/whole school events, sourced by School and delivered by Outside Providers, covering a variety of sports throughout the year. For example, Dance and Gymnastics festivals, Tag Rugby Tournaments, Gymnastics, Multi-skills Festivals and Athletics Days. This provides the children with an opportunity to experience new activities, learn new skills, improve their fitness and to try something new.
- All children in KS1 and KS2 have the opportunity to participate in extra-curricular sports activities throughout the year
- We offer Residentials OAA experience for children in Years 3, 4, 5 and 6 each year
- The whole school participates in healthy hills walk every half-term which is led by the PE and Sports lead who has a BELA qualification.
- We have an annual inclusive House Sports Day, with the emphasis on participation and achievement for all

IMPACT

At Malvern Wells Primary School, we ensure that our PE curriculum is inclusive and progressive and allows all children the opportunity to acquire and develop fundamental knowledge, understanding, skills and techniques and apply these to a wide variety of different sports and activities. PE lessons are fun, enjoyable and challenging and all children can achieve, to the best of their ability, in a supportive, safe and stimulating environment. Our pupils are physically active, and this has a positive impact on their learning in the classroom. Children understand how to lead a healthy lifestyle and understand the importance of regular exercise and activity for their physical and mental wellbeing. We aspire for all children to enjoy PE and develop a love of sport and physical activity, which hopefully becomes part of their future life outside of Primary School. Children have

opportunities to participate in sport after school can also represent the school at sporting events from local to county level. IN PE, we also measure impact by:

- Regular learning walks
- Pupil questionnaires
- Pupil voice chats
- PE Premium spend analysis
- Analysis of participation at after school clubs and School Games competitions
- Assessment data

Delivery of PE at Malvern Wells Primary School

The consistent delivery of high-quality PE lessons which are exciting, challenging and enjoyable and provide many varied learning opportunities

- Develop knowledge, skills and understanding across a broad range of sporting activities.
- Engage in moderate to intense physical activity over sustained periods of time.
- Participate in competitive sports and activities.
- Lead healthy and active lives, picking up positive habits for their future lives.
- To compete in games and activities in a collaborative team.
- To promote safe practice in all sports and activities.
- To use sport to build pupils self-confidence and self-esteem.
- To encourage involvement in extra-curricular sporting activities and develop community and club links
- Increase participation in competitive sports both in and out of School.
- To develop Staff competence and confidence in the delivery of high quality PE lessons

Responsibility for PE at Malvern Wells CE Primary School

Mrs Sara Hernandez-Cox (PE Lead Teacher) has overall responsibility for everything relating to PE, Physical Activity and the development, monitoring and review of the provision of PE and Physical Activity.

Mrs Hernandez-Cox will consult with the Head Teacher on PE matters and provision and the Head Teacher will oversee all things relating to PE at Malvern Wells Primary School.

Staff who teach or support in PE should be aware of this Policy and consider how they can support it and staff who provide PE and physical activity should ensure that safe and effective procedures are always adopted in all physical activities.

External Providers

To increase opportunities and inspire children to be active, we regularly source Outside Providers to deliver activities which would not normally be covered in curriculum time. Some activities delivered so far have been b

All visitors/coaches who attend School are expected to have an up to date CRB/DBS and provide this along with photographic I.D (passport/driving licence) on arrival for their session. Documentation should be checked by Mrs Matthews, prior to entry.

This policy should be made available to visitors if reasonably practicable.

Health and Safety

We recognise that participation in PE and Physical Activities contains an element of risk. Staff are responsible for ensuring that they are familiar with Risk Assessments and safe practice to reduce the element of risk to the absolute minimum within their control.

- Staff are aware of pupils who have SEN with regards to physical activity and make special provision for needs where appropriate e.g. physical disability, asthma
- Staff know about the safe practices involved in moving and using apparatus
- Pupils wear appropriate clothing, remove jewellery and tie back long hair. If the removal of jewellery or studs is not possible they should be securely taped and the teacher is confident this strategy is effective. Our School provides a PE kit comprising of shorts and a t-shirt for all children and does not discriminate based on gender, race, disability, sexual orientation or belief. Trainers and black pumps are not provided.
- Pupils may be asked to remove shoes when participating in indoor activities such as gymnastics,
- Correct use of equipment is taught along with any potential hazards, including completing a risk assessment for each area/ space that PE and school sport takes place in
- Equipment and apparatus is stored safely at the end of each lesson.
- Pupils are taught to consider their own safety and that of others at all times.
- School shoes are not permitted to be worn for PE

Staff teaching or attending PE should wear the PE kit provided by School and also consider their own and their pupils' safety with regard to their own additional personal clothing, footwear and jewellery when involved in the teaching of any sporting activity.

We undertake an annual Risk Assessment of the school premises and areas where PE is taught and equipment including PE equipment (PE Lead) as necessary. Risk Assessments are in place for all school sporting trips, along with the requirement to record and submit all intended visits on the Evolve School Visits system. All School sporting trips and visits must have first been submitted to the EVC and Head Teacher for approval before a visit can go ahead.

PE and School Sports Premium Funding

The PE and School Sports Premium funding is used in a number of different ways to support and develop PE and School Sport at Malvern Wells CE Primary School. A breakdown of the funding allocation (which is subject to change) can be viewed on the School website.

Activities taught at Malvern Wells CE Primary

- Dance
- Gymnastics
- Fundamental Movement Skills
- Games (Football, Netball, Cricket, Basketball, Tennis, Hockey, Rugby, Rounders)
- Outdoor and Adventurous Activities – also covered at residential trip (the school site has been mapped for Orienteering)
- Athletics
- Health Related Fitness

Assessment & Recording

Assessment is carried out by each class teacher. Children will be levelled as either Emerging, Developing, Secure or Exceeding, in accordance with Age Related Expectations, as per the Assessment Procedures for the curriculum areas covered. Swimming will be assessed by the swimming instructors at Liverpool Aquatic Centre. The PE Lead will be responsible for publishing Swimming data on the School Website, as per National Guidance.

Participation in PE

We aim for full participation in every PE lesson and aim to do this by:

- Providing PE kit for all children
- A wide range of imaginative resources and teaching strategies are used to actively engage pupils in participating in lessons.
- Our curriculum takes into consideration the range of pupils' needs to ensure continuity and progression in learning is provided and PE lessons will be suitably differentiated in order to support and challenge pupils.
- Staff ensure that pupils of all abilities are able to access the PE curriculum by providing alternative or different resources to develop new skills and ensure a positive relationship with physical activity from an early age.
- Pupils who are unable to participate in a PE lesson are expected to change into their PE kit in order to purposefully adopt other roles in the lesson, such as observing, giving feedback, video recording, evaluating, coaching, umpiring and refereeing. Students should also change into suitable footwear. Parental notes should be written, signed and handed to Class Teachers (PE Lead to thereafter be informed) if a child is not able to participate in PE due to any short or long term injury or medical/health reason.

Facilities available for physical activity

On-site facilities include (*school to include*) eg :

- School Hall – climbing frames, gymnastics mats, balance benches, box, springboards.
- Playground– to be used during the day for play times, lunch times and PE, both in and out of school hours
- Field
- Use of The Abbey Playing Field
- New climbing equipment
- The Adventure Playground

Clothing to be worn during physical activity (before, during and after school)

We ask that all pupils change for PE and wear the PE kit provided by School that includes:

- Blue Malvern Wells t-shirt (long sleeve tops are permitted to be worn underneath and encouraged during winter months)
- Black or navy-blue shorts (leggings underneath are permitted)
- Trainers or black PE pumps
- School shoes are not permitted to be worn

Navy blue jogging bottoms and Malvern Wells Primary school sweatshirts can be worn on top of the t-shirt during autumn/winter months

We will always endeavour to provide spare kit for pupils cannot access their own designated school PE kit, to ensure that children do not miss PE lessons.

Physical activity outside of the curriculum

In addition to PE, there are a range of opportunities for physical activity throughout the school day.

Extra-curricular activities and clubs

A range of After School Sports Clubs are available to pupils which are provided free of charge by the PE teacher. These clubs complement the curriculum and support the interests of pupils. We also invite well-established and known external providers to run clubs, such as; DanceFest and Worcestershire County Cricket Club.

Active playtimes

We have zoned areas in the playground to promote different types of physical activity and relevant equipment is provided to engage pupils. We also offer different activities at lunchtimes, such as Football and skipping.

Sports Day

We organise an annual multi-sport Sports Day type event at the end of the summer term, which this year we will evaluate to see if a more traditional type of Sports Day may be more suitable for our children. Parents and carers are actively involved to attend and support their children. We have a wide range of sporting activities on the day to encourage participation and success for all children.

Involving parents and carers

We recognise the important part parents and carers play in encouraging children to participate in physical activity. Information about PE, physical activities and sporting competitions organised by

the school and opportunities after school, are shared with parents/Carers by means of specific PE letters from the PE Lead and through the School newsletter. Information about all areas relating to PE can also be found on the School website.

Monitoring and evaluation of physical activity

The PE Lead Teacher or a member of SLT with responsibility for Monitoring is responsible for the overall monitoring of the quality of PE and Physical Activity provision.

We monitor PE in the curriculum through subject reviews and self-evaluation in order to provide an accurate perspective on how it is being delivered and how it can be further improved.

Physical Education is monitored and evaluated through:

- Lesson observations
- Monitoring of lesson planning
- Monitoring of equipment
- Pupils Assessment data
- Feedback from staff
- Children questionnaires
- Pupil records of participation, focusing on different groups
- Feedback from pupils/school council about PE and general physical activity
- Pupil attendance and achievement in sporting competitions
- Attendance at after school sports clubs

When external providers are used to deliver physical activity, the PE Lead will observe to ensure that high quality lessons are delivered and assessed consistently.

Equal opportunities and inclusion

We comply with the Equality Act 2010 and are proactive in ensuring that all pupils, including those with SEN needs or disabilities are provided with a comprehensive programme of physical activity. For pupils with disabilities or health conditions we will endeavour to adapt activities to suit their specific individual needs, where possible. Where appropriate, this may mean providing specialised equipment, differentiating activities, offering a parallel or separate activity with a Support Assistant or 1 to 1 staff member, or setting a challenge appropriate to their skill level.

Pupils who do not participate in physical activity on a regular and consistent basis will be referred to SLT.

SEND

A high-quality PE curriculum enables **all** pupils to enjoy and succeed in many kinds of physical activity.

In order to provide equal opportunities for pupils with SEN and/or disabilities and for those children to gain full access to the Primary PE Curriculum, in PE we will:

- set suitable learning challenges
- respond to pupils' diverse learning needs, and
- overcome potential barriers to learning and assessment for particular individuals and groups of pupils.
- modify the curriculum to remove barriers, so all pupils meet the same objectives.

In some activities, pupils with SEN and/or disabilities will be able to take part in the same way as their peers. In others, some modifications or adjustments will need to be made to include everyone.

To overcome potential barriers to learning in physical education, some pupils may require:

- adapted, modified or alternative activities that offer an equivalent degree of challenge to the activities in the programmes of study and that enable the pupils to make progress
- specific support they need to take part in certain activities or types of movement, and
- careful management of their physical regime to allow for their specific medical conditions.

Assessment will consider a range of factors in the context of the activity undertaken.

HEALTH/MENTAL WELLBEING

The aim of teaching children about physical health and mental wellbeing is to give them the information that they need to make good decisions about their own health and wellbeing. Physical health and mental wellbeing are interlinked, and we teach pupils to understand that good physical health contributes to good mental wellbeing, and vice versa.

At Malvern Wells Primary, in PE lessons, we teach the characteristics of good physical health and mental wellbeing. Pupils are taught about the benefits and importance of physical activity, exercise, diet and nutrition and how this can impact on their overall health and wellbeing. Children learn about the changes that can occur to their bodies, as a result of physical activity, and how being active can impact positively on their mental wellbeing. We go by the mantra, "healthy body. Healthy mind"

EAL

Children who have English as an additional language, are expected to take part in PE. Due to the nature of PE, where access cannot be gained through understanding of the spoken word, children will be encouraged to observe or copy and repeat either their peers or the Class Teacher. Pictures of skills, actions and techniques will also be used to provide as visual stimulus for EAL children, in order that they gain an insight as to what is required in the lesson. The Class Teacher may also use other strategies to allow EAL children to access lessons content.

Training and support for staff

We ensure relevant staff access high quality professional development annually on PE and physical activity to keep them updated on key related issues and ensure they are confident to teach the full breadth of the curriculum. We participate in training, CPD and educational initiatives/projects run by the LA and other organisations.

Dissemination of the policy

The policy is available to parents and carers and pupils via the school website. Parents and carers and pupils new to the school may be given a summary on request and there is a copy in the school reception area. The full policy is available to parents and carers and pupils on request.

Copies of the full policy are in the staff handbook, the Governors' handbook and Policy reference file, in the school office.

Signed (PE lead) Sara Hernandez-Cox

