

# Weaver Primary School

## PE Policy

### PE Vision Statement

At Weaver Primary School we believe that physical education and sport have a vital role to play in the physical, social, emotional and intellectual development of children. We aim to give the children the knowledge, understanding and tools to make informed choices on achieving a healthy and active lifestyle – thus having a positive impact on their own health and well-being.

The physical education curriculum at Weaver aims to provide the children with the opportunity to not only develop their skills in a wide range of sports but to also develop those key fundamental skills that are necessary for their overall physical literacy.

*Physical Literacy is the mastering of fundamental movement skills and fundamental sport skills that permit a child to read their environment and make appropriate decisions, allowing them to move confidently and with control in a wide range of physical activity situations.*

Activities will be carried out in a safe and supporting environment, where effort and hard-work, as well as success, is celebrated and enjoyment and working together is promoted.

### Objectives

- ✓ To provide a curriculum that satisfies the requirements of the National Curriculum.
- ✓ To provide up to two hours of high quality physical activity per week for all pupils.
- ✓ To provide an environment in which pupils enjoy and are committed to PE and Sport.
- ✓ To ensure that pupils understand that being active is an important part of a healthy lifestyle, including social and emotional well-being; both in and out of school, now and in the future.
- ✓ To provide all pupils, irrespective of ability, opportunities to experience and succeed in positive, enjoyable and stimulating PE sessions.
- ✓ To provide opportunities, within the school (intra) and between schools (inter), for pupils to participate in a range of competitive sports, as individuals and as part of a team.
- ✓ To encourage those children who are less confident in sports, to take part in intra and inter competitions, in order to develop confidence and boost self-esteem.
- ✓ To develop their fundamental movement skills, thus improving their overall physical literacy.
- ✓ To develop stamina, suppleness, strength and agility and the determination and resilience to keep going.
- ✓ To provide out of school activities, which enables pupils to extend and enrich curriculum provision.
- ✓ To establish good habits: an awareness of safety and hygiene and being responsible for PE equipment.

## PE Curriculum

PE is delivered through two weekly PE lessons, with Year 1 up to Year 6 benefitting from having one hour of their lessons delivered by our specialist PE teacher.

Our Curriculum Progression Document ensures breadth and balance across the PE curriculum. Children participate in a range of activities across the year, with a curriculum which teaches balance, control, coordination and stamina and which builds on skills year upon year. Whilst lessons in Key Stage 1 focus primarily on developing fundamental skills, those in Key stage 2 are more sports based (with fundamental skills being revisited within a unit of work).

Individual lessons are planned within the context of an enjoyable and evaluative learning environment. The lessons have learning objectives, the application of skills, coaching tips, health and safety considerations, resources and ideas for differentiation and assessment. They enable the children to be as active as possible and make suggestions for warm-ups and cool-downs, skill and concept development, drills, games to promote a competitive approach and questioning.

The children in Key Stage 2 at Weaver benefit from our close links (and proximity) to a Nantwich High School. Such links allow us to use their sporting facilities in the lead up to an inter-school event.

## Supporting SEND pupils

All pupils are expected to take part in our PE curriculum. However, staff should help pupils with SEND to overcome any barriers to participating and learning, and make any reasonable adjustments needed to include SEND pupils in all aspects of school life.

To make physical education lessons inclusive, teachers at Weaver anticipate what barriers to taking part and learning particular activities, lessons or a series of lessons may pose for pupils with particular SEND and/or disabilities. Planning considers ways of minimising or reducing those barriers so that all pupils can fully take part and learn.

Pupils may be supported in some of the following ways:

- 1:1 adult supervision
- Different or adapted equipment
- Smaller groups
- Defined areas
- Pupils acting in a supportive capacity –judging, evaluating, refereeing,
- Altered rules – instructions broken down into smaller steps
- Support and guidance from additional agencies eg sensory needs, occupational therapists, physiotherapists etc
- Consideration of religious or cultural differences eg in PE kit
- Challenging Gifted and talented pupils
- Pupils adequately being prepared for events. For example, to sporting competitions and swimming lessons.
- Access to medication if required – eg: asthma pumps, defibrillator

## Equality within PE

We have carefully considered and analysed the impact of this policy on equality and the possible implications for pupils with protected characteristics, as part of our commitment to meet the Public Sector Equality Duty (PSED) requirement to have due regard to the need to eliminate discrimination, advance equality of opportunity and foster good relations. This can be achieved by employing the following strategies:

- Mixing groups in terms of gender and ability.
- Structuring activities so all are fully involved. For instance, a team cannot score in a bench ball game until all the team has touched the ball.
- Giving all the children an opportunity to share their work. For instance, allowing time at the end of a gymnastics lesson for the whole class to perform their sequences.
- Considering the needs of children with physical or learning difficulties and taking the necessary steps (by enlisting extra help, adapting equipment or differentiating tasks) to ensure they have equal access to the curriculum (see *Supporting SEND Pupils* section)
- Considering ways in which to support pupils with additional language or speech and language issues. For instance, simplifying language, using other children to translate, or demonstrating rather than speaking.
- Recognising the dangers of stereotyping. For example, expecting dynamic work from boys in gymnastics and neat and controlled work from girls.
- PE/sports kit is non gender specific and will consist of shorts/jogging bottoms or leggings, tee shirts and hoodies
- PE/sports kit will be culturally appropriate

## Health and Safety

At Weaver 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 SEND with regards to physical activity and make special provision for needs where appropriate (see *Supporting SEND Pupils* section)
- 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 if the teacher is confident this strategy is effective. Our PE kit comprises of shorts and t shirt (in their 'house' colour) with additional tracksuit bottoms, trainers and hoody (optional) for outdoor activities and does not discriminate based on gender, race, disability, sexual orientation or belief. Trainers and black pumps are not provided. The children are taught both indoors and outdoors throughout the changing seasons. Cold weather does not limit our curriculum; indeed, we encourage the children to get outside as often as they can.
- 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.
- 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

## Swimming

Swimming is taught in Year Four for a term. This ensures that the children are given plenty of opportunity to develop their swimming and water safety skills. Children are expected to attend sessions with an appropriate costume; goggles may be worn with written consent from parents.

For those children who fail to reach the expected standard of swimming 25m in Year 4, there are 'top-up' sessions available to them in Year 6 and this is run in partnership with the Crewe and Nantwich School Sports Partnership (CNSSP).

## Extra-Curricular

Pupils have opportunities to develop their skills in a range of activity areas. The school benefits from being part of the Crewe and Nantwich School Sports Partnership (CNSSP), where inter competitions and tournaments are held and are open to many pupils across the school, including those with special needs. Indeed, there has recently been a more focussed approach within the CNSSP to run competitions and events for B and C teams only, thus allowing an increased number of pupils to participate.

External providers offer after-school activities and where appropriate, parents and carers are sign-posted to local sports and clubs through the Weaver PE and Well-Being Twitter account. Our Sports Councillors are given opportunities to decide which sports will be on offer, with many providing the children the opportunity to experience sports that sometimes may be beyond their usual experience. For example: volleyball, fencing, tennis and archery.

Our Sports Councillors are provided with opportunities to run lunch time games for their classes, thus providing them with organisational and leadership opportunities. They also play a key role in our weekly Sports Assembly, choosing who are that week's Sporting and Healthy Eating Heroes.

In our Sports Assembly, children are encouraged to share not only their achievements in intra and inter school sporting events but also their achievements outside of school too. Children are able to give demonstrations, talk to the pupils and adults about their particular sport and show certificates, trophies and medals. Being active is widely celebrated here at Weaver.

We aim to hold an annual Sports Week, where for an entire week, the children take part in a variety of sporting activities (which for the most part are provided by outside providers). This in the past has included activities such as Tai Kwon Doe, Zumba, hockey, netball, tennis, korfbal and football. The week then culminates (weather permitting) with a sponsored charity race, where all the children in the school run various distances around the 400m athletics track. Parents, carers, grandparents etc are invited to attend and support the event.

## Assessment and Recording

At the beginning of each term, the children engage in a variety of exercises (which are differentiated and dependant on age) and the data generated is then uploaded onto our Amaven Assessment package. This software allows us to view not only a child's individual physical literacy but that of a class and the school as a whole.

Based on a class' results, lessons plans can then be generated based on the needs of the pupils.

After each assessment, statistics can then be analysed and we can clearly see if a child has or has not made progress. We are also able to see if a child's physical literacy is below the expected standard, at the expected standard or exceeding the expected standard. That coupled with teacher assessment allows us to build a comprehensive picture of a child's ability.

Through an Amaven app, parents are also able to access their child's results and receive daily activities for their child to complete at home.

## **Monitoring and Evaluation**

The monitoring of PE and Sport activity and the impact of the Sports Premium will be carried out by the PE Subject Leaders with support from the Head Teacher, using the following strategies:

- Observation of teaching and learning
- Tracking and assessing pupil progress and achievement, through the Amaven Assessment package, considering specific groups, including special educational needs and pupil premium children
- Obtaining views of pupils, staff and parents
- Analysis of fitness testing results

## **Resources**

Children at Weaver benefit from a wealth of PE resources, which are housed in the outdoor PE shed, where they are clearly boxed and labelled.

Such resources allow us to provide a rich and varied curriculum.

Damaged resources are reported to the PE coordinator.

## **Impact**

The commitment we have to the physical education of our children means that we currently hold a 'Platinum' School Games Mark – an achievement we are incredibly proud of.

Ultimately our long term aim is for the children of Weaver to develop a love of physical activity, make healthy choices and experience the mental health benefits of exercise. We believe that developing and engaging with these positive experiences of PE and wellbeing at an early age will cultivate a healthy lifestyle amongst learners that reaches well beyond their primary school education and as such, develop the knowledge and skills to take responsibility for their own health and fitness.

Date: February 2022

Review date: February 2025