



Curriculum and Pupils
12.06.24

Signed 

PHYSICAL EDUCATION, SCHOOL SPORT AND PHYSICAL ACTIVITY (PESSPA) POLICY

BBC Match of the Day host Gary Lineker has stressed the importance of sport and PE in schools and believes that it should be made the third core subject.

"You learn so much about life with team sports. You learn about winning, you learn about losing, you learn how to get on with other people, which can be a great strength in later life."

"I think it's vitally important for all sorts of issues, really: mental health, physical health and all-round wellbeing."

Physical Education Rationale

Physical Education (P.E.) is an important foundation subject within the National Curriculum. This policy outlines the purpose, nature and management of the P.E., School Sport and Physical Activity that is taught and promoted at Portway Infant School. We believe that all pupils should be given the opportunity to develop their confidence and physical skills and be introduced to the pleasures of sport. P.E. is a practical subject which gives all children opportunities for participation, enjoyment and success. We encourage the children to be creative and to plan, perform and evaluate their actions. We encourage an active life style and believe that participation and enjoyment leads to lifelong physical activity. Physical Education promotes personal, social, intellectual and physical skills and has strong links to Growth Mindset, Mental Health and PSHE, and we attempt to foster cooperation, tolerance and self-esteem.

Portway Infant School is part of the School Sport Partnership which aims to develop quality PESSPA in primary schools.

Aim of Policy

Health and fitness are considered to be important at Portway Infant School. The children are encouraged to understand what is happening to their bodies while they exercise and why it is important to exercise regularly. Further opportunities for PESSPA at Portway Infant School promote our responsibility to help all children, and staff, maintain lifelong habits of physical activity. Regular physical activity is seen as one of the most important things children and adults can do to maintain and improve their physical and mental health and overall well-being. Promoting a physically active lifestyle among children is important because, through its effects on mental health, physical activity can help increase children's capacity for learning.

Physical activity has substantial health benefits for children and adolescents. Positive experiences with physical activity at a young age help lay the basis for being regularly active throughout life. Therefore, this policy aims to promote the lifelong enjoyment and participation in all types of physical activity. This policy supports our vision statement which aims to increase participation in PESSPA and increase awareness of the benefits. All staff at Portway Infant School understand that they have an important part to play in this strategy by introducing all children to a broad variety of PESSPA.

- Playtime and lunchtime activity
- Accessible and adequate facilities
- Staff opportunities
- Involvement with parents/carers
- Involvement with DCCT Super Schools Sport Partnership and other community resources
- Healthy lifestyles themed days/weeks
- Achievement Assemblies
- Daily Physical Activity

Physical Education lessons and the Curriculum

Each KS1 child participates in three active P.E. lessons each week. The total active time is at least one and a half hours. The lessons involve moderate to vigorous physical activity where they are taught knowledge, motor skills, self management skills and positive attitudes. P.E. lessons promote activities and sports that students enjoy and can pursue all their lives. P.E. lessons are linked to PSHE, Wellbeing and Science lessons.

Active Lessons

All staff should look for opportunities to plan active lessons where possible and appropriate. For example, this could be in literacy during drama and speaking and listening sessions or in numeracy during the oral starter.

Daily Physical Activity (DPA)

At Portway Infant School the importance of physical activity is emphasised by a daily five minutes of movement in the classroom, hall or in good weather outside. This activity should take place during each session of the school day. All children participate in this activity which is seen as a fun way of waking up both the body and brain. We can use a number of inspirational programmes to facilitate this such as 'Take 10' and 'Jump Start Jonny' and the Daily Mile.

Healthy Lifestyles themed days/weeks

Specific time is allocated each school year to focus on promoting healthy lifestyles. This may include physical activity taster sessions where children can try new activities not currently offered by school or links to healthy eating where guidance on healthy lunchboxes may be given. This includes promoting the positive connection of physical activity on good mental health. Parents, staff and the local community may be involved including the Schools Sports coordinator and Woodlands School Young Leaders.

Cross Curricular Links

Physical Education has links with all subjects within the National Curriculum. Dance features prominently in the Christmas productions. PSHE highlight the importance for mental and physical wellbeing. Evaluating and improving fits with Growth Mindset and Teamwork is essential to a lot of PESSPA. There are many DPA activities which link to the curriculum such as 'Super Movers' and 'Go Noodle'

Extra-Curricular Physical Activity

Portway Infant School offers a range of activities throughout the school year. The children have a choice of which activities they can participate in. These activities are competitive, non –competitive, structured and unstructured and include options such as gardening, yoga and drama. All activities are supervised by a member of staff or a qualified coach. A member of staff will always be available during the club and to ensure the children leave the premise with a nominated adult. Children eligible for free school meals are offered a free place to a number of clubs that have a charge.

Kite Marks

Our annual Healthy Heart Week has contributed to us to achieving The Derby Heart Mark. The school works hard to achieve recognised status for physical activity and school sport. This has been recognised by the Youth Sports Trust Silver Level Award. School Games Recognition and Derbyshire PE and School Sport Gold Achievement Award.

Monitoring and Evaluation

The P.E. coordinator is responsible for providing clear leadership and management to develop and monitor the physical activity policy. They will,

- monitor children's participation and activity inside and outside of the curriculum
- consult with children and staff to ensure there is a broad range of physical activities available that promote physical activity
- may observe lessons in order to evaluate the quality of lessons.

Class teachers assess the children's progress against descriptions for each unit and by discussion and observation. Significant achievement or weakness is noted. These assessments are reported to parents at the end of each school year in the annual written report. Reports to parents are based upon discussion and observation throughout the academic year.

Children who excel or require further support to achieve will be noted after each unit and information will be passed to the next teacher at the end of each school year.

Equal Opportunities and Inclusion

All children are encouraged to participate in all activities regardless of their physical ability, gender or fitness. Teachers are expected to choose activities, themes, music etc. that will be of equal interest. All children are entitled to take part in physical education lessons. Children with special educational needs are encouraged to participate in all lessons. Some children may receive support with all children eligible to receive FSM funding given the opportunity to receive free places at all paying OSH sports clubs. Equipment may be purchased (if possible) to support children with specific needs to aid participation as the need arises.

Continuing Professional Development Opportunities and Staff Wellbeing

A regular audit of training needs is completed by all staff members. All staff are able to go on training as identified. Staff have completed nations leadership qualifications and TAs are trained to deliver the Physical Literacy Programme with identified children. The midday supervisors have received training in Positive Play, Traditional Playground Games and Managing the Lunch Hour. They are now able to initiate and organise playground games to involve children in physical activity. All staff know the importance of regular physical activity and many are members of gyms or participate in physical activity outside school. Staff regularly take part in charity sponsored events such as Race for Life. An annual 'Health and Wellbeing Workshop' is held through Yogabugs. Many staff regularly walk to school and go on lunchtime walks. Staff are made aware of the opportunities available through the local council.

Schemes of Work

• Early Years Foundation Stage 2

In the Foundation Stage the children will follow the Foundation Stage Curriculum for Physical Development. Physical Development is a prime area of development. Judgements about the children's level are made at the end of the year and are assessed against three level descriptors: emerging – below average; expected – average; exceeding – above the early learning goals. The children take part in one P.E. session a week and continuous provision both in the classroom and in the out-door area. All EYFS children take part in a weekly

Health and Safety

The Portway Infant School PESSPA Folder contains specific information for safe practice related to areas such as weather, jewellery, inclusion and risk assessments for all staff to access. At Portway Infant School the health and safety of all children is important. The children are taught to act in a safe manner as soon as they enter school. All staff follow the Association for P.E. (Safe Practise: in PESSPA 2016) guidelines for all PESSPA. All staff are responsible for risk assessing the teaching area and the equipment. All large gymnastic equipment is inspected annually.

Children will be encouraged to discuss safety implications concerning themselves and others. Teachers should be aware at of the school Health and Safety Policy when reporting accidents.

The ideals associated with fair play and sporting behaviour are to be encouraged at all times. At Portway we encourage a healthy life style, especially the need for exercise. The knowledge of health and fitness is a key and fundamental part of each P.E. lesson.

All staff should be appropriately dressed for the teaching of P.E. and must wear training shoes and school T-shirt at all times. Only essential items of jewellery worn for religious significance may be worn; bangles that cannot be removed should be bandaged over. Earrings must be removed where possible; if they cannot be removed, i.e., are newly pierced, they must be taped. Long hair is to be tied back. Tape and bobbles should be provided from home but may be available in school.

Clothing

All parents are requested to provide suitable clothing for P.E. This is:

- White polo shirt
- Black jogging bottoms or shorts
- Velcro fastening trainers

If a child does not have the correct kit, then school will provide spares for them to borrow appropriate for the session.

Apparatus and Facilities

Infants are capable of handling the majority of the P.E. equipment. Learning to handle apparatus is a vital and necessary part of the P.E. lesson and children need to be taught to lift and carry the apparatus correctly. The safe use of equipment will be encouraged at all times and the children will be trained from the Foundation Stage onwards to use and store equipment in a safe manner.

The children should be grouped consistently and each group should be responsible for getting out and putting away the same arrangement of apparatus each lesson for the duration of the theme. In this way the children will become confident and familiar in handling apparatus. The apparatus must be checked by an adult before the children begin working on it. Risk assessments for all working areas are to be found in the Portway Infant School PESSPA Folder and must be carried out by the teacher at the beginning of each session.

K. Hilton – P.E. Subject Leader

Summer 2024

To be reviewed in **Summer 2027**

Policy Links: PSHE, Science, Forest School.

