



St Mary & St Pancras Church of England School

PE, Sport and Physical Activity Policy

Policy Reviewed by: Lesley Carneiro November 2020
Policy Approved by: Governors November 2020
Review due: November 2021

Statement of intent

As a church school what and how we teach, what and how our pupils learn within and beyond the classroom are and must be rooted in Christian values:

Friendship, Respect, Endurance, Thankfulness and Forgiveness.

These values are fundamental in the implementation of this policy to ensure that we maintain our distinctive Christian character of which we are proud.

Introduction

There is strong and consistent evidence that doing regular, moderate-intensity physical activity provides a range of physical, intellectual and emotional benefits for everyone. At our school, we recognise the importance of being fit and agile and the effect it has on a child's health and wellbeing, their ability to learn effectively and achieve in school. As a healthy school, we want to promote participation in sport and physical activity and believe we have an important role in partnership with the family and wider community in promoting physical activity and a healthy lifestyle. Information about our PE curriculum and extra-curricular activities *and* how we use our Schools Sports Premium Funding can be found on our website. The school actively promotes and aspires to the Childhood Obesity Plan for Action campaign to provide 30 minutes of activity for all pupils within each school day and encourage 30 minutes at home/ outside of school. We also aim to increase enjoyment and participation in sport and physical activity for all pupils.

Aims of the policy

- To show how we promote a fit and healthy lifestyle and how we provide a broad range of physical activity opportunities through PE lessons, sporting competitions, recreation, games and afterschool clubs
- To give guidance to staff about their role in promoting physical activity
- To give information to parents and carers about what is taught and how they can support the policy to show how the school meets national guidelines for physical activity, including PE and sport

Our approach to promoting physical activity

The brain goes through a crucial development period in the first years of life and this can have a long-lasting influence on children and young people's future interests. Physical activity programmes that are fun, inclusive, educational, age and skill level appropriate help ensure early positive interest in physical activity and an increased likelihood of staying active throughout life. In order to do this we:

- Provide all pupils with the best possible physical activity opportunities and experiences, both in and outside of the curriculum and throughout the school day, so as to encourage lifelong healthy lifestyles and a positive attitude to physical activity
- Provide adequate opportunity to support children to reach their 180 daily active minutes in the Early Years and Foundation Stage
- Provide a planned programme of at least two hours of high quality PE per week in the curriculum for all pupils in Key Stage 1 and 2
- Provide a range of opportunities for all pupils to participate in intra- and inter-school sporting competitions and experience a range of sports
- Provide a supportive environment for enjoyable participation in a wide variety of physical activities
- Provide appropriate resources and facilities
- Enable pupils to understand how to keep themselves physically healthy and make informed decisions about participating in physical activity
- Provide specific activities for groups that may need more support to be physically active e.g. pupils who are the least active, children who are overweight or very overweight, children that do not participate in extracurricular activities

Policy development

Our policy was developed by auditing our provision for PE, sport and physical activity and gathering the views of the school community, particularly pupils about activities they want to participate in such as after school clubs, playground activities and lunch time clubs and what stops them from participating in physical activity.

We also consulted with

- All pupils through the school council/Mini Health Champions
- Staff during an INSET
- Parents/Carers at a special meeting
- The curriculum group of the Governing Body
- School nurse
- PE and Sport consultant from Camden Learning

Links to other policies

This policy should be read in conjunction with these related policies; Health and Safety, Positive Learning Behaviour, Safeguarding, Equality and Teaching and Learning.

Responsibility for physical activity

Miss Carneiro (PE subject leader) has overall responsibility for PE, sport and physical activity and the development, monitoring and review of the provision of physical activity. Their role includes: developing the PE curriculum and ensuring high quality teaching and learning, ensuring annual health and safety checks of all PE equipment are carried out, supporting and training staff, liaising with external agencies to support the curriculum, developing, monitoring and reviewing the policy, monitoring the impact and spend of the PE premium and coordinating intra- and inter school sporting competitions

Miss Heard (member of SLT) has responsibility for ensuring effective delivery, leadership and management of PE.

Sam Hopcroft (Lead governor) has responsibility for ensuring the effective monitoring and evaluation of the subject,

All staff should be aware of the policy and consider how they can support it. Staff who provide PE and physical activity should ensure that safe and effective procedures are adopted in all physical activities.

External providers

We involve trained coaches and staff to support PE and physical activity within and outside the curriculum and ensure that the expertise supports the professional development for staff. All visitors are expected to work within the framework of this policy and the Camden protocol for involving outside visitors and where external visitors run physical activity workshops with a class, teachers are present. We make use of the support from Camden Active Schools, including access to borough and regional competitions and sports coaches school uses the UK sports coaches in schools portal for guidance.

This policy is made available to visitors and we ask them to consider the following questions in preparation for their visit:

Does the visitor understand the school's PE, sport and physical activity policy?

What will they offer that the teachers cannot?

How will the visitor's sessions be integrated into the PE programme?

What role will staff take during the session?

How will the session be followed up?

How will the sessions be evaluated and pupil progress assessed?

We participate in Camden's Learnings' programmes aimed at increasing physical activity participation including Mini Health Champions and the annual school's Race to Health competition.

Health and Safety

We recognise that participation in physical activities contains an element of risk. Staff are responsible for ensuring that they are familiar with safe practice to reduce the element of risk to the absolute minimum within their control. We follow the advice contained in the AfPE (Association for PE) publication 'Safe Practice in Physical Education and Sport' 2016

- Staff are aware of pupils who have special needs 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 decides its uniform and does not discriminate based on gender, race, disability, sexual orientation or belief. Headscarves and leggings may be worn in PE (providing they are safely attached and unlikely to cause the wearer harm).
- Pupils remove shoes when participating in indoor activities such as gymnastics and dance.
- 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.

Staff also consider their own and their pupils' safety with regard to their own personal clothing, footwear and jewellery when involved in the teaching of any activity.

We undertake an annual risk assessment of the school premises and PE equipment Risk assessments are carried out for school sporting trips.

Curriculum

PE

All children from Year 1 to Year 6 have two hours of PE a week during curriculum time. Early Years Foundation Stage have Physical Education build into their indoor and outdoor adult lead activities. Reception also have an additional 1½ hours. The curriculum covers the programme of study for PE in the national curriculum and pupils develop physical skills as well as learn about fitness, cooperation and fair play. Pupils' are assessed to ensure progress is made and end of key stage expectations are met by all children. Summative assessments are then reported to parents on an annual basis. The importance of Physical activity for a healthy lifestyle is included in science, PSHE, P4C and ICT.

Types of physical activity and sports, which are taught:

- Ball games
- Dance
- Cricket
- Football
- Basketball
- Dodgeball
- Group skills
- Team games
- Athletics
- Balance and coordination on the jungle gym
- Invasion games
- Outdoor and adventurous activity challenges
- Hockey

Participation in PE

- 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 engaged purposefully with other roles such as observation, feedback, video recording, evaluation, coaching, umpiring and refereeing.
- Pupils are expected to change into their PE kit and be involved in all lessons.
- Information from parents must be received if a child is excluded for any short or long-term health reason.

Facilities available for physical activity

On-site facilities include:

- Hall – climbing frame, gymnastics mats, balance benches, agility tables
- Astroturf pitch and Playgrounds–used during the day for play times, lunch times and PE, both in and out of school hours, for sports and competitions during and after school including Sports day
- Early Years Foundation Stage have their own playground with a climbing frame and slide
- The local swimming pool is used for Year 3-6 pupils during the school day
- Outdoor grass area
- Multi-use games area

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

We ask that all pupils change for PE and wear appropriate clothing that includes

For Winter: Royal blue joggers, a white t-shirt and trainers

For Summer: Royal blue shorts, a white t-shirt and trainers

Infant pupils can do indoor PE in their vest and pants

For swimming: Swimming costume, goggles, swimming cap and a towel

Physical activity outside of the curriculum
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In addition to PE, there are a range of opportunities for sport and physical activity throughout the school day including activities such as physical activity warm ups before, during and after lessons. Afterschool clubs and intra-school competition are currently suspended due to COVID-19 and will resume once it is deemed safe to do so.

Extra-curricular activities and inter and intra-school competitions,

A range of lunchtime and after school clubs are available to pupils. These clubs reflect the interests that pupils have expressed through surveys we invite them to complete annually. We analyse the attendance at clubs and target pupils or groups to attend where we think it is appropriate to encourage participation. For groups that are under-represented we consult to find out what the barriers are to attendance and work to remove them.

Pupils also take part in a range of inter-school competitions. The school is an active member of the Camden School Sports Association (CSSA) and pupils participate in a range of intra-school sporting competitions with other schools across Camden such as cross country and

the football league, as well as participating in whole borough and regional competitions organised by Camden Active Schools. We also have good links with local clubs *Plot 10, Somerstown Community Centre* and encourage pupils to join.

Active Travel to and from school

We encourage pupils and parents to walk, cycle or scoot to school and regularly promote walk to school or wheels to schools events. Safe storage facilities for bikes and scooters are provided to further promote active travel. We have a travel plan, which is reviewed on an annual basis to identify where improvement planning can be undertaken. Where appropriate we will walk to venues for school trips or events to promote active travel. We provide road safety training in Early Years Foundation Stage, Key Stage 1 and 2 and cycle proficiency training for Years 4, 5 and 6.

Active playtimes

We have zoned areas in the playground to promote different types of physical activity and relevant equipment is provided to engage pupils. Support staff are trained to deliver structured physical activity during lunch and playtime. Pupils are trained as playground friends and Mini Health Champions annually to further support physically active playtimes.

Sports Day

We organise an annual Sports Day event at the end of the summer term, which includes competitive and non-competitive activities to encourage all pupils to participate. Our sports day begins with a whole school and parents/carers aerobics class. Pupils then participate in organised events. Parents are invited back again in the afternoon to join in competitions alongside their children. Parents and carers are actively involved in the day. We have a wide range of sporting competitions on the day to encourage participation from all pupils.

Involving parents and carers

We recognise the important part parents and carers play in encouraging children to participate in physical activity. Information about physical activities and sporting competitions organised by the school and opportunities in the local area is given to parents and carers through the school website, newsletters and notice boards.

The school website also highlights how progress in PE, physical activity and school sport can be supported through activities that pupils can do with their parents such as walking, swimming, park run, playing in the park, playing games with simple pieces of equipment such as bean bags or balloons.

We invite parents and carers to volunteer and get involved in sports days and intra- and inter school sporting competitions.

Monitoring and evaluation of physical activity

The PE subject leader and SLT staff member with responsibility for monitoring is responsible for the overall monitoring of the quality of physical activity provision. Our School Improvement Plan includes physical activity.

We monitor PE in the curriculum through subject reviews, self-evaluation and improvement planning to provide an accurate perspective on how it is being delivered and can be further improved. ICT is used to support observations and support planning to further improve work.

Physical Education is monitored and evaluated through:

- Lesson observations
- Video evidence

- Annual PE subject review
- Monitoring of lesson planning
- Monitoring of equipment
- Feedback from staff
- Feedback from governor curriculum group
- Children questionnaires
- Parent and carer questionnaires
- Pupil records of participation, focusing on different groups
- Feedback from pupils/school council/Mini Health Champions about PE and general physical activity
- Annual PE survey (organised by Camden LA)
- Pupil achievement in sporting competitions

When external providers are used to deliver physical activity, we will ensure there is a procedure to ensure that high quality lessons are delivered consistently.

Celebrating achievement and success

We understand the importance of celebrating achievement and success in PE, sport and physical activity and have a range of strategies in order to ensure pupils feel valued and proud of their achievements:

Year group nominations

Pupils are nominated by their class teacher/sports coach to recognise excellent PE, sporting or physical activity achievement or excellent attitude and effort and recognised at assemblies.

PE Awards

Each week as part of our celebration assembly, we have a PE, sport and physical activity award. Pupils are nominated for a range of achievements including; contributing to a sports team, showing excellent commitment, progress or achievement, participating in extra-curricular activities.

Equal opportunities and inclusion

We comply with the Equality Act 2010 and are proactive in ensuring that all pupils, including those with special needs or disabilities are provided with a comprehensive programme of physical activity. For pupils with disabilities or health conditions we will adapt activities to suit their individual needs. Where appropriate this may mean providing specialised equipment, differentiating activities, offering a parallel or separate activity 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 encouraged to be involved through discussion with them and their parent/carer.

Training and support for staff

We ensure relevant staff access high quality professional development annually on PE, sport 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 and termly network meeting run by Camden and other organisations. New members of staff receive induction training on the teaching of physical activity as appropriate to their role.

Dissemination of the policy

The policy is available to parents and carers and pupils via the school website. 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.

Any outside contributors involved in physical activity receive a copy prior to teaching.