

Charlwood Village Primary School

Physical Activity Policy



Updated March 2020

Physical activity is essential to health, physical and emotional wellbeing. Daily physical activity ensures the development of gross motor skills as well as promoting a healthy lifestyle which leads to pupils becoming more effective as learners. It also helps to maintain a healthy body mass index. Physical Education enables pupils to develop confidence, working as a team, resilience and knowledge of their own bodies and abilities. At Charlwood Village Primary School our core aim is that all pupils develop into confident, valued, prepared and successful learners, physical activity plays a key role in this.

Curriculum

Early Years

Our PE curriculum is supported by sport specialists and the skills which pupils are taught are then put into practise through games and competitions. Our Early Years pupils enjoy a mixture of dance, gymnastics, ball skills and swimming to begin the development of their gross motor skills. Pupils challenge their own skills as well as compete against class peers at the end of the year in sports day

Key Stage 1

Again our Key Stage 1 curriculum is supported by sport specialists such as a rugby coach, gymnast and dance coach. Pupils continue to develop their gross motor skills and again use the skills to compete and take part in festivals. Key Stage 1 pupils take part in multi skill festivals which include participation from other local schools. Our pupils also take part in a dance festival. Where possible our Year 2 pupils also take part in the Surrey Sports Multi Skills Festival.

Key Stage 2

Our pupils benefit from sports specialists to enhance the PE curriculum. They focus on gymnastics, dance, tri-golf, tennis, football, tag-rugby and swimming. Pupils take part in cross country races, football tournaments, tri golf competitions, dance festival and tennis competitions throughout the year.

In Year 4 and Year 5 pupils can apply to be a Sports Crew member. Sports Crew help the PE leader in organising and leading school sport and physical activity. Information about PE and sport in school can be found on the PE and School Sport display.

Curriculum Enhancement

Our sports coaches work alongside our class teachers for planning, delivery and assessment of pupils, this is tailored to the needs of the pupils. This takes place throughout the year. All of our pupils also take part in swimming lessons. We also provide sport enhancement opportunities where pupils have the chance to take part in alternative sports such as archery and fencing. Our Year 4 Sports Leaders run Physifun activities each playtime to encourage pupils to be as active as possible.

Sports Clubs

Most of our sport specialists also provide an after school club. Our sports clubs run throughout the year after school. We currently offer football, fencing, ball skills, dance and gymnastics.

Resources

PE is taught both in the hall and outside on either the field or the playground. Key Stage 2 pupils use the recreation ground in the village for their lessons. There are PE resources kept in the PE shed as well as gymnastic equipment in the hall. There are basketball nets in the playground. There is equipment for physical activity in the playground boxes which are available at playtime and lunchtime. Pupils have opportunities to go on bicycles and tricycles. Resources for physical development are always available in the Early Years outside area. In the summer term KS1 and KS2 pupils use the athletics facilities at K2 in Crawley in preparation for the District Sports.

Safety

Pupils are taught and are encouraged to risk assess when using PE equipment. The following safety principles must be followed:

- Pupils must wear PE kit (blue t-shirt with logo, dark short, royal blue joggers, royal blue hoodie with school logo)
- Pupils must wear plimsolls or trainers
- Pupils must either remove earrings or tape them (See AfPE Safety Handbook)
- Pupils must be in bare feet for climbing gymnastic equipment
- Staff must be dressed appropriately

Pupils are taught how to handle, use and move PE equipment as part of their PE lessons.

Equal Opportunities

Every pupil is given equal opportunity regardless of gender, culture, language or special educational need in accordance with the Equal Opportunities Policy. In the event of a pupil's physical needs impacting on their ability to access the PE curriculum adaptations to activities will be made to enable them to take part in lessons.

Assessment

Early Years pupil development is assessed through observation and assessment of skills which enable practitioners to identify their developmental stage in Physical Development which includes Moving and Handling and Health and Self Care.

In Key Stage 1 and 2 a baseline of pupil skills are taken at the start of each unit. Teachers and coaches also use observations to assess pupil development throughout the sessions to ensure that pupils are making progress towards the end of unit skills.

The end of Key Stage 1 expectations are:

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- participate in team games, developing simple tactics for attacking and defending
- perform dances using simple movement patterns.

The end of Key Stage 2 expectations are:

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- perform dances using a range of movement patterns
- take part in outdoor and adventurous activity challenges both individually and within a team
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Swimming:

All schools must provide swimming instruction either in key stage 1 or key stage 2.

In particular, pupils should be taught to:

- swim competently, confidently and proficiently over a distance of at least 25 metres
- use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
- perform safe self-rescue in different water-based situations.

Monitoring and Evaluation

The PE Leader is responsible for monitoring the quality of PE education across the school. This is achieved through lesson observation, speaking with pupils and the progress of pupil's physical development and skills. Monitoring of the quality of education includes observation of teachers, teaching assistants and sports coaches and specialists. Development of PE, sport and physical activity is recorded using the Primary PE and Sport Assessment Wheel.

This is updated each term. The school achieved 3 marks on the KS1 Star Mark Award. In 2018 the school achieved the Silver Award for the School Games Mark Award for KS2.

Primary School Sports and PE Funding

Our PE funding is used to enhance the PE teaching skills of the teaching staff as they work alongside professional sports coaches, resources, providing sport opportunities and further opportunities for physical development during the school day. Please see separate document which details how our sports premium funding is spent and the impact which it has had. This can be found on our school website.

Travel Plan

The aim of our Travel Plan is to encourage our pupils to walk, bike or scooter to school or part way to school. We take part in the Golden Boot Challenge which is a competition for classes to improve their 'green score'. The 'green score' is the improvement from their baseline score for their travel to school compared to their efforts in the challenge week. The winning class win a Golden Boot trophy which they get to keep for the year. We also take part in Wow Walking Scheme. In the last week of each half-term pupils are encouraged to travel to school either by car sharing, walking, scooting, cycling or park and stride. Pupils who take a more eco approach to travelling to school receive a badge. During this week we also have the 'Shop Shuttle' where parents can drop their child off in the village and school staff walk everyone down.

Staff

Our promotion for physical activity also includes our staff where they are encouraged to take part in sport and physical activity. Teaching staff also take part in the daily walk/run.

Success Criteria

We know this policy has been successful when:

- Pupils enjoy physical activity and choose to take part
- Pupils are successful in physical activities
- Pupils take part successfully in multi-skills festivals and competitions
- Teachers and coaches/specialists work together collaboratively
- Pupils make good progress physically
- Teachers feel confident planning and delivering PE lessons
- We know where each pupil is in their development and what they need to do to develop further