

November 2019



Montalbo Nursery and Primary School Physical Education Policy



November 2019

2020 Vision for the Primary PE and Sport Premium

ALL pupils leaving primary 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.

Intent:

- To promote determination, resilience and motivation for sport from an early age.
- To deepen and extend pupil's knowledge of games, gymnastics, dance, OAA and athletics.
- To develop children's knowledge and appreciation of sport and sporting culture.
- To enable pupils who are talented in sport, to succeed and participate in extra-curricular competition.
- To provide ALL of our children the opportunity to take part in competitions.
- To equip children with the skills, knowledge and attitude they need to lead healthy lifestyles, work outside their comfort zone and continue lifelong participation in sport.

Implementation:

- PE will be taught every week (minimum of 2 hours per week).
- Each year group will have the opportunity to compete via the Staindrop SLA Partnership.
- During units of work, teachers will build upon skills already taught and ensure children progress.
- Teachers will ensure that all lessons are safe and the correct equipment is available for all children including those with SEND.
- Teachers will ensure that lessons are planned in sequences that provide children with the opportunities to learn new ideas, practice them, retain them and perform them.
- Teachers will use the assessment sheets to assess children's progress and ability during each session.
- Teachers will plan in additional sessions where weaknesses are highlighted.

How is 'cultural capital' developed?

- Children are provided with opportunities beyond the National curriculum to further support their sporting and social development – School Games / Cricket Coaching / Durham Cricket / Teesdale Swimming / Gymnastics Squad / after school clubs / Sports Leadership Team.
- Children are signposted to attend additional local clubs where teachers have identified their talents.

November 2019

- Children have the opportunity to experience different sporting activities across the year. They have the opportunity to take part in additional sports festivals outside of school (mixing with peers of the same age from other local primary schools).
- Teachers will support pupils leaving primary school by helping them to be physically literate and with the knowledge, skills and motivation necessary to equip them for a healthy, active lifestyle.
- Teachers will encourage and promote lifelong participation in physical activity and sport.

Whole School: Inspire, collaborate and endeavour.

- At Montalbo School, we aim to inspire children to take part in physical activity and lead healthy lifestyles. This is achieved through athlete visits, teambuilding sessions with our local CCF and through regular competitions.
- We aim to provide children with the opportunity to work together, build friendships and compete with and against their peers and children of a similar age.
- We aim to promote a hard-working ethos. Asking our children to challenge themselves, set goals and be ambitious with their choices. We hope that they will endeavour in all that they do.

Curriculum Aims (following the National Programme of Study)

- Develop competence to excel in a broad range of physical activities
- Be physically active for sustained periods of time
- Engage in competitive sports and activities
- Lead healthy, active lives

Curriculum Planning and Organisation

- Each class is timetabled so that they can access the indoor hall for at least two hours per week.
- Each class have access to one hour of outdoor activities and games if required.
- The netball court is available for all classes to use.
- Teaching staff deliver high quality PE activities/lessons for 2x 1hour sessions per week.

November 2019

- Swimming lessons are provided for Year 4 pupils by qualified teachers from Teesdale Leisure Centre.
- Coaches from local sport clubs (e.g. Gymnastics and Football) regularly provide additional opportunities for extending the PE curriculum.
- After school sessions change each term. Examples include: BoxFit, Cheerleading, Gymnastics, Football, Cricket, Tennis and Hockey. (Clubs aimed at meeting the demands of the pupil voice questionnaire)
- Lunch time equipment (skipping ropes, trim trail, footballs) help children to establish healthy lifestyles and active playtimes.
- Through the Staindrop Partnership SLA and School Games Competitions, our children are all given regular opportunities to participate in extra-curricular competitive sporting activities.
- Through the Staindrop SLA, 'Young Leaders' (MAT pupils) are given the opportunity to develop their leadership and coaching skills
- The school has strong links with local sports clubs e.g. B.C Cricket Club, Teesdale Athletics Club, Barnard Castle School CCF, The TCR Hub (OAA) and Teesdale Gymnastics Coaching.
- Wherever possible, we signpost talented children to take part in additional activities outside of school.

Early Years Foundation Stage

Physical development within the EYFS framework is one of three prime areas for learning.

The two related early learning goals are:

Expected

- Moving and handling – Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space.
- Health and self-care – children know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe.

Exceeding

- Moving and handling – Children can confidently hop and skip in time to music.
- Health and self-care – Children know about and can make healthy choices in relation to healthy eating and exercise. They can dress and undress independently, successfully managing fastening buttons or laces.

Children access a range of daily activities to develop their fine and gross motor skills and have access to a dedicated outside area. In addition to this, they also have 2x weekly PE lessons.

November 2019

Key Stage 1 & 2

- The school follows the Montalbo Long Term Overview for PE. Individual class teachers plan and deliver their lessons. School uses a range of resources to support teachers with planning and teaching e.g. Tops Cards, Quick Sticks Hockey cards, Durham Core Task cards, QCA Task Cards and other topic specific resources e.g. 'Chance to Shine' cricket coaching cards.
- Lessons are blocked in units of work to promote greater depth of understanding, developing skills, contextual application of these skills and the ability to perform reflectively. Often, blocks of lessons e.g. (6x weeks of hockey) lead up to a local competition.
- Currently swimming lessons take place weekly for Year 4 pupils. This runs for the whole academic year to ensure pupils have the best opportunity to learn to swim.

Contribution of PE to teaching in other curriculum areas

English

Links between PE and English include: writing sequences, following/giving instructions, oral/peer assessments, speaking and listening and movement within drama.

Maths

Links between PE and Mathematics include: measurement, shape and space, sequences, number, angles, position and movement, rotation and time.

ICT

Children use capturing and recording equipment (cameras and videos) for evaluation/ development of skills. Videos of professional/skilled athletes are also used to help develop good technique.

PSHE

PSHE and PE links include following rules, living healthily, co-operating with others and understanding fairness and equality.

Healthy Eating

The school recognises that physical activity is just one element of healthy lifestyles and actively promotes healthy eating to help combat child obesity. These messages are shared in clubs, lessons and through cookery sessions with all age groups.

November 2019

SMSC

PE offers many opportunities that support the social development of our children. Groupings allow children to work together and give them the chance to develop respect for the abilities of other children through collaborative and co-operative work, while gaining a better understanding of themselves.

Inclusion in PE

- Class teachers will ensure that spare PE kit is available for any occasional circumstances where a child does not have their own in school.
- Lessons will provide good quality experiences that are suitably challenging for all pupils.
- Children will undertake different activities, but all will be given the same opportunity to achieve the aims through an appropriate range of activities and through adaptation of 'STEP' - 'Space, Time, Equipment, People'.
- Pupils with specific needs will continue to have the same level of support in PE as they would in the classroom e.g. 1:1 support or adaptations to the lesson or equipment.
- For the purposes of competitions, all children will be given the opportunity to participate in the experience via the Staindrop Academy SLA Partnership.

Assessment & Recording

- Assessment is carried out by teachers in the course of the normal class activity.
- Teachers will use the Montalbo Assessment sheets to record their assessment.
- This is done mainly through observations and sometimes through discussion with children.
- A photographic/video record is sometimes used to document some of their work.
- Physical development levels and progress are recorded by the EYFS teachers for each child.

Health & Safety

- All staff have due regard for the current Association for Physical Education (AfPE) PE guidance 2012 when preparing and delivering PE lessons:
- Pupils are taught how to improve their own abilities to assess risks.

November 2019

- First aid equipment is available, and all staff are trained in what action to take, including calling for assistance in the event of an accident.
- Inhalers for pupils suffering from asthma are made readily accessible
- Children with diabetes are monitored closely throughout and after PE lessons by staff
- Regular checks are made on all equipment
- Any items constituting a danger are taken out of use immediately.
- All large items of equipment are inspected annually by an independent safety expert.
- Pupils are taught how to move and use apparatus safely under the supervision of a teacher or responsible adult.
- Pupils are made aware of safe practice and understand the need for safety when undertaking any activity. (e.g. not lifting Hockey stick above the waist, not jumping or running in front of others, etc).
- Pupils are taught to understand the safety risks involved in wearing inappropriate clothing, footwear or jewellery and other body piercings.
- Teachers ensure that no jewellery is worn in lessons and long hair should be tied back. If earrings cannot be taken out, they are taped over.
- Pupils wear suitable footwear when travelling to and from the hall.
- If a child has no trainers/pumps for outdoor PE they use their shoes if the activities are on the playground.

Resources for PE

- There is a variety of equipment to enable pupils to achieve objectives, which are best suited for their age and stage. Some is sensory themed or adapted to suit visual needs.
- Large equipment/ mats and most indoor PE resources are stored in the hall and in the PE cupboard in the KS2 corridor.

Administration Arrangements for Extra Curricula Sporting Events

- The School Office Admin Assistant liaises with teachers/support staff and sports coaches to arrange after school clubs and the attendance of teams at external sporting competitions.
- The PE Lead is also the school Educational Visits Co-ordinator. The Office Admin Assistant, PE Lead and Head Teacher liaise to ensure that the appropriate paperwork is completed.

November 2019

School Sports Premium

- The school has a detailed plan to continue to improve the quality of PE provision for all pupils. The plan includes an overview of sports premium spending and a review of the impact of the allocated funds. The PE Action Plan and The Sports Premium are presented to School governors once a year.

Monitoring & Review

- The subject leader will oversee the continuity and progression within annual plans.
- They will also monitor the quality of teaching and learning through observations.
- The leader will support colleagues and share expertise, arrange opportunities for outside agencies to visit the school in order to enhance learning and direct teachers to examples of good practice.
- The leader will organise the PE timetable and ensure that all classes have access to extra-curricular competitions.

Montalbo Nursery and Primary School PE Policy

Written on: 18.11.18

By: J.Richardson (PE Co-ordinator)

Review date: 18.11.21