



English Martyrs Catholic Primary School



# Physical Education, School Sport and Physical Activity (PESSPA)

## Intent

At English Martyrs Catholic Primary School, we value PE, School Sport and Physical Activity as an important part of the children's entitlement to a broad and balanced curriculum. PESSPA provides the children with the opportunities to develop and extend skills and an opportunity to express their individual interests, thoughts and ideas. We want to promote physical and mental wellbeing, helping children to make healthy life choices in order to establish long lasting lifestyle choices.

In PESSPA we aim to develop **curiosity**. We want pupils to ask questions about how their bodies work and the importance of a healthy lifestyle.

We want children to be **aspirational** in their work. We want them to challenge themselves to be the best that they can be. To be reflective and evaluate their work, thinking about how they can make changes and keep improving.

We want them to be fully **engaged** in PESSPA, developing a love of being active and provide opportunities for all to pursue these activities further, through a wide range of activities in school, after school and within the community. We hope that in doing so that they continue this forward into adulthood helping them to live a healthy life.

## Implementation

The teaching and implementation of the PESSPA at English Martyrs Catholic Primary School is based on the National Curriculum and sometimes linked to topics where appropriate.

The national curriculum for physical education aims to ensure that all pupils:

- ♣ develop competence to excel in a broad range of physical activities
- ♣ are physically active for sustained periods of time
- ♣ engage in competitive sports and activities
- ♣ lead healthy, active lives.

A whole school plan is in place to ensure that there is good coverage of activities, skills and progression and staff have access to plans to help support them with their teaching.

Throughout KS1 the children are taught

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

Throughout KS2

use running, jumping, throwing and catching in isolation and in combination

♣ play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending

♣ develop flexibility, strength, technique, control and balance

♣ 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.

swim competently, confidently and proficiently over a distance of at least 25 metres

♣ use a range of strokes effectively

♣ perform safe self-rescue in different water-based situations.

We use a wide range of teaching and learning styles and a wide range of activities to ensure that all children have the best opportunity to learn new skills, knowledge and understanding and to enjoy PESSPA.

We make sure that the children get to work both individually and collaboratively and to be able to compete against each other and other classes. The children also take time to evaluate their own and others' work.

We aim to provide each child with two hours of PE each week.

We provide the children with opportunities to be active before and after school, during break times and lunch times. These give children the opportunities to develop new skills and try out new activities. We offer a range of clubs (run by private companies) such as Basketball, Yoga, Football, Tang soo do and Irish dancing. In addition to this, we have outside table tennis tables, bikes and scooters, climbing frames and equipment and other equipment to encourage a high level of activity. We also have Forest School sessions for some classes during curriculum time.

We try to enter competitions with other schools locally helping children to learn about competition, team spirit and cooperation. It also helps them to put into practise skills they have learnt.

We are looking at introducing PE ambassadors to help lead PE and encourage children to be more active. They will have the opportunity to meet with the PE Subject Leader to discuss and share pupil's views and opinions. This will also help them to develop leadership skills.

We are wanting to promote leadership through out each class with cards tasks for children to complete to show leadership skills.

As a school we receive PE and sport premium funding based on the number of pupils in the school. This funding is used to make additional and sustainable improvements to the quality of PESSPA we offer. We use the premium to develop or add to the PESSPA that we already offer. As part of the funding criteria we publish details on our website of how we plan to spend the grant and a review of the impact on pupil outcomes.

There are 5 key indicators that we should expect to see improvement across:

1. engagement of all pupils in regular physical activity - the Chief Medical Officer guidelines recommend that all children and young people aged 5 to 18 engage in at least 60 minutes of physical activity a day, of which 30 minutes should be in school
2. raised profile of PE and sport across the school as a tool for whole-school improvement
3. increased confidence, knowledge and skills of all staff in teaching PE and sport
4. broader experience of a range of sports and activities offered to all pupils
5. increased participation in competitive sport

## **Curriculum Impact**

During PE lessons, time is always spent reflecting on work and suggesting ways to develop it further. Teachers and pupils will discuss how to improve throughout the lesson and into following weeks.

At the end of each unit of work, teachers assess pupils using the school's Assessment Grids, indicating whether they are working at the expected level for the year, towards the expected level, or at greater depth.

The teacher keeps a PE book adding pictures of children's work and their standard.

The P.E subject leader creates an annual action plan for the development of the subject. They review the curriculum through pupil interviews to determine knowledge acquisition and provision for this as well as conducting lesson drop-ins when necessary to monitor

the quality of teaching and learning. The subject 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.

## **Health and safety**

We use safe practice in Physical Education, school sport and physical activity book for guidelines.

Everyone has a duty under health & safety guidelines to ensure PE activities are carried out with due regard to the safety of staff and pupils in line with school, Local Authority and Health & Safety Policies. Reference should be made to the school's Risk Assessments.

We encourage the children to consider their own safety and the safety of others at all times.

- Staff should carry out risk assessments with the children at the start of all PE lessons.

Staff should ensure the activity and the equipment is suitable for all of their pupils including those with SEND

- All equipment, apparatus and environment should be checked before the start of every lesson by teacher and annually by an outside agency.

- Teachers ensure that no jewellery is worn in lessons except school fitness bands and long hair should be tied back. If earrings cannot be taken out, they are taped over and it is down to the teacher to ensure they are happy with the safety. Pupils are taught to understand the safety risks involved in wearing inappropriate clothing, footwear or jewellery and other body piercings. They should not engage in physical activity without correct kit and teachers are expected to set a good example by wearing appropriate clothing when teaching P.E. Children will come to school wearing PE kit.

- For gymnastics when the apparatus is being used suitable footwear should be worn (barefoot only or proper gym shoe)

- If an activity is to take place at another venue a risk assessment will be carried out to ensure that activity is safe and appropriate for all pupils.

. All staff are responsible for reporting to the subject leader if any items show wear and tear. All large items of equipment are inspected annually by an independent safety expert. Any items constituting a danger are taken out of use immediately.

- Pupils are taught how to move and use apparatus safely under the supervision of a teacher or responsible adult.

- 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.