

PE, Sport and Healthy Lifestyles

This document offers an overview of school provision in PE and additional activity, including statements of intent, implementation and impact.

Curriculum intent:

High quality PE and sport enthuse ALL pupils to develop a healthy lifestyle and strong core skills of cognitive and social development for now and their whole lifetime. Wide ranging opportunities in core and more diverse sports lead pupils of all abilities to find a personal love and passion for activity which can shape their future lives.

Everyone is educated and enthused to develop a healthy lifestyle for now and their whole lifetime.

The school community develop a positive attitude to sport, based around the Christian values, to help when winning, losing or simply participating.

Regular, high-quality PE sessions allow all pupils, irrespective of their level of ability, to develop core skills in a range of physical activities.

All pupils develop a love of sport which they enjoy and excel in – this won't always be football, running etc.

Gifted and talented pupils are recognised and supported in being challenged to excel.

Opportunity is given to access local sports which can provide life long hobbies and access examples of inspirational sporting performers.

Curriculum implementation:

Include opportunities for pupils to discuss the importance and impact of being active and how to look after their bodies. This will link across PE, science, PSHE and other additional formal and informal opportunities throughout the year.

All staff will be involved in celebrating activity and delivering PE and sport. The positives of being active will be celebrated in school regularly so that pupils feel positive about their own, personal achievements.

PE lessons are clearly planned and progressive, delivered by sports coaches with a strong knowledge of the skills they are delivering and next steps for development. Pupils will be supported to develop at their own level through on going assessment and flexible planning focussed on developing necessary skills. Additional support will be given to ensure pupils who need more support are able to 'close the gap'.

A wide variety of sports and opportunities to be active are offered through logical PE planning, linked with a vast array of extra curricular opportunities. Over their time in school, pupils will be given access to many main stream sports (football, athletics etc.) with opportunities to play competitively. Additionally, opportunities to more diverse, Durham lifestyle sports, will be introduced (golf, orienteering, dance etc.)

Accurate assessment via core tasks in lessons will highlight and monitor pupils of higher ability in different strands of PE. These pupils will be challenged to use their skills in lessons and through extra curricular opportunities. Intra school competitions will allow all pupils to access competition to develop their skills. Inter school teams will aim to be competitive to offer challenge to pupils with high levels of ability.

Curriculum impact:

All pupils will be regularly fit and active, being aware of their bodies and the importance of looking after it. This will have impact on the health of pupils, hopefully increasing wellbeing, attendance and pupil focus and achievement in lessons.

All staff will develop deeper knowledge of the ability levels of their class. CPD and working alongside talented coaches should increase staff confidence in delivering activity and supporting pupils in cross curricular situations.

Levels of ability will continue to be at a very high level across all strands of PE. Use of coaches will ensure high quality of delivery and progressive knowledge of pupils as they move through the school. Pupils will have a broad skills base which they can draw on in different sporting situation to increase confidence and performance. Pupils with lower ability will continue to make good progress due to the additional support they receive. Pupils with higher levels of ability will be highlighted to extend and challenge themselves through competitive sport.

Pupils talk enthusiastically about sport and the opportunities they receive. They enjoy challenging themselves and are keen to try new sports and challenges. They strive to achieve their best and enjoy their own success in a range of diverse sports. Ultimately, pupils find a love of sport and activity which continues beyond primary school and in to their personal lives.

PE Curriculum:

Each class will have access to 1 hour of curriculum PE each week in school.

Our PE curriculum follows the Durham County format, covering areas of Invasion games, net and wall games, athletics, gymnastics dance and OAA (Outdoor and adventurous activity). Pupils encounter all areas regularly across school, at age specific levels, aimed at developing and consolidating core skills. Swimming is the other core area of the PE curriculum which we address in KS2.

PE lessons are delivered by our sports coaches (Mr Rose and Mr Avery) and supported by our sports apprentice (Mr Thornton). Working with the children year on year as they move through the school, allows our staff to build a knowledge of each pupils level of ability allow them to make outstanding progress year on year. Pupils needing additional support progress well due to the input of our sports apprentice during lessons.

PE lessons will regularly offer pupils the opportunities to be competitive. This can be through personal challenges or through organised games during lessons. Pupils are supported to include the skills they have built in to their play and to assess their performance and that of others. This is the first step in identifying pupils who have the skills to compete in inter school sports.

Each topic is supported by a core task to ensure that teaching of skills are focused. This involves pupils attempting a game/task which has been designed to include a range of age specific skills. Teaching over the coming weeks then responds to the needs of the class and individuals. To ensure progress, the core task is then repeated later in the topic to see how well pupils can apply new skills. This final task is videoed as an assessment tool to ensure staff are aware of progress and future needs.

Outdoor activities are addressed in blocks across school, often linking in with 'Forest School' sessions which happen additionally to PE. Y1, Y4, Y5 and Y6 also access outdoor activities through additional PE blocks which are offered.

Swimming takes place at Durham school. The move away from Durham county has meant that double the number of pupils can swim weekly and for double the length of time due to the close proximity of the pool. Y3 are the focus for swimming, having a swimming session every week in addition to their curriculum PE session. Later in the year, the focus moves to other year groups to offer reminder/booster sessions. Assessments are recorded to ensure that all pupils leave with the government minimum level of swimming 25m unaided and having accessed some lifesaving techniques.

Additional PE Opportunities:

Our aim is to regularly offer pupils an additional hour of PE, above their usual session. Being limited by the hall space available to timetable this weekly, we have made a focus to offer all pupils additional 'lifestyle' sports sessions, in at least 3 additional blocks over the year.

In the infant building, these additional blocks will focus on developing basic skills in different environments. Examples of this are multi-skills session, balance bike riding, dance, orienteering etc.

In KS2, the focus is to introduce pupils to diverse sports and sports which are readily available in Durham. The hope is that pupils will find a way to be active which they love and want to continue in their personal lives. Potential links with clubs and organisations will be flagged up where possible. Examples of this are golf, fencing, archery, climbing, golf etc.

These sessions will be delivered by high level sports coaches who bring a deep knowledge of the sport being delivered. The class teacher will work alongside the coach to support them in their knowledge of the class of pupils. The teacher will also benefit from this professional development, hopefully being able to deliver similar sessions themselves in future. This has the added benefit of allowing the teacher to build knowledge of pupil ability above the detailed assessments they receive from curriculum PE.

In addition to these opportunities, pupils in Y5 have access to a 3 day residential stay where OAA activities are involved and Y6 have access to a 5 day residential solely focused on OAA activity.

School Sports Partnership:

In order to increase opportunities for sport and to develop our provision, we opt to be part of the Durham and Chester le Street school sports partnership. By paying in to the partnership, we are able to access advice, specialist coaching and a range of competitions and other opportunities.

By working closely with the SSP, we can ensure that our school sport provision is of the highest quality and following up to date guidance. By having a member of our staff sitting on the SSP steering group, we also ensure that the provision we receive is right for our school and other schools in the partnership.

In 2019/20, we have chosen to buy in at 'Silver' level, selecting the following opportunities:

- 2 blocks of 12 hours specialist coaching in invasion games for KS1
- 12 hours of balance bike curriculum support for EYFS
- 36 hours fitness and health education programme
- 2 half days of sports leadership training for pupils and staff
- Provision of 5 buses to events

This is in addition to the many festival and competitive events, 1 day of support time for the PE coordinator, 3 SSP coordinator meetings, Y5 and 6 gifted and talented sports programmes for highlighted pupils and an intra school sport day as well as access to many clubs and coaches in the local area.

For more information about the Sports Partnership visit <https://durhamcls-ssp.co.uk>

Competitive sport:

It is the aim of the government that more children develop the skills of competitive sport. With this in mind, PE lessons are regularly built upon competition, firstly with the individual pitting themselves against themselves. Through use of core tasks, each pupil is helped to identify what they need to work on to improve their performance and giving them activities to challenge against themselves. Another key element of lessons should be individual competition and team competition to develop improvement and determination in performance. We also try to ensure that every child has had opportunity to attend a festival or competition against other schools each year.

In addition to this lesson time provision, we are lucky at St. Margaret's to have a number of staff who offer their time to run out of school hours teams – something which many schools struggle to achieve. Whilst we are aware that, as a very large Primary School, not all pupils get to represent the team they wish, we try to select teams fairly by trials as competitions are competitive. To cater for such large numbers, wherever possible 'B', 'C' and sometimes even more teams are entered for events. Teams which have been run by teachers of their own accord this year are as follows:

Due to available competitions and rules by National Governing bodies, the majority of competitive teams are only available to years 5 and 6. As we are fortunate to have access to sport in Chester le Street and Durham areas, we are able to enjoy more teams in competition than the majority of other schools.

For information about many of the competitive sports we take part in see <https://www.clsschools.co.uk/>

Competitive sport teams offered annually:

Football

Year 5/6 Boys (A and B team) entered in the Chester le Street league and Durham County competitions.

Year 5/6 Girls entered in the Chester le Street league and Durham County competitions.

Y5/6 C team entered in the Chester le Street winter league.

Y5 team entered in Chester le Street cup competitions.

Y4 team entered in Chester le Street and Durham County cup competitions.

Netball

Year 6 (A and B team) entered in to Chester le Street and Durham leagues

Year 5 team entered in to Chester le Street league

Athletics

Year 5/6 Sportshall athletics (A and B team) entered in School games competition

Year 6 outdoor athletics teams entered in the Chester le Street District Sports

Year 5 outdoor athletics teams entered in the Chester le Street District Sports

Y3, 4, 5 and 6 running and field event teams entered in the 'Durham Dash'

Cross Country

Year 5/6 Cross Country team (unlimited numbers) entered in the Chester le Street Cross Country competition.

Year 5/6 Cross Country team entered in the School Games competition.

Year 3/4 Cross Country team (unlimited numbers) entered in the School Games competition.

Swimming

Year 5/6 (A and B Teams) entered in the School Games competition

Year 3/4 (A and B Teams) entered in the School Games competition

Cricket

KS2 team (A and B team) entered in the Durham County cricket competition

Honours achieved 2018/19:

Football

CLS League winners, CLS Daniel O'Hare Trophy Winners, CLS 5 a side winners, Durham County 7 a side winners, Durham County 5 a side winners, Premier League Primary Stars National Runners-up.

CLS League Winners, Durham Count 7 a side Winners.

CLS Cup Runners-up

Netball

CLS League winners, Durham League winners, Durham County Cup winners

CLS league winners

Athletics

Durham District Winners, Durham County Winners

CLS winners

Cross Country

CLS Boys winners, CLS Girls winners, CLS Overall winners

Y5/6 Boys Durham County winners

Cricket

Durham County winners

Active 60:

Due to having a very active school generally and many active families, we feel the best approach is to make pupils and parents aware of the need for 60 minutes of activity daily. We want it to be a lifestyle, not something which is force-fed to children which may alienate them from being active in future. We also want pupils to be aware of what it means to be inactive, moderately active or fully active – what it feels like and the impact on their body. We hope to highlight what we believe to be a small number of pupils who are not currently active for 60 minutes a day and create opportunities to be active in enjoyable ways, which they can continue in their future lives.

Aim to have EVERY PUPIL active for 60mins across each day by:

- Making pupils and parents more aware of the importance of being active and the ways in which this can happen.
- Helping pupils to be more aware of when and how they are active, particularly during break times in school.
- Support pupils who are less active to find enjoyable ways to increase their daily activity.
- Use pupil leadership to design and lead opportunities for all pupils to have fun and be active in school.
- Continue to increase formal and informal opportunities for each year group to be active in a variety of ways.
- Work with Durham University to monitor the impact of the opportunities created.