



*Our Best Preparation for Tomorrow
Is Doing Our Best Today*

Westbrook Old Hall
PRIMARY SCHOOL



Westbrook Old Hall Primary School Physical Education, School Sport and Physical Activity Policy

Date of reviewed policy: March 2022
Date when next review is due: March 2023

Name of PESSPA Lead Teacher: Melanie McGregor

Name of PESSPA Governor: Jennifer Tinsley

School Office Contact No.: 01925 415544

Statutory Guidance

This policy complies with the Statutory Orders of the National Curriculum 2014 and Early Years Foundation Stage (EYFS) Guidance (England) has been written with reference to the following guidance and documents:

- AfPE Safe Practice in Physical Education, School Sport and Physical activity
- DfE Guidance PE and Sport Premium
- School Sport and Physical Activity action plan (policy paper, DfE)
- Chief Medical Officers Physical Activity guidelines

Other linked Policies/Documents

Teaching & Learning Policy

Health and Safety policy

PSHE policy

Evidencing the Impact of Sport Premium

Annual Report to Governors

Purpose and Intent

At Westbrook Old Hall we promote excellent practice for teaching and learning in an inclusive learning environment which benefits all children, aiming for them to reach their full potential. As a school, we aim to provide a family-feel, where all children are valued and included in all aspects of school life and are physically active. The school has a strong sense of community and we value our links to community clubs; pupils, parents, staff, governors and club links all working together – to ensure the school provides the best learning environments and opportunities for our children to equip them for a healthy, active lifestyle and lifelong participation in Physical Activity and Sport.

Our intention at Westbrook Old Hall is to ensure the PESSPA is experienced regularly, in a safe and supportive environment, as it is a unique and valuable contributor to a pupil's physical development and well-being. We acknowledge and celebrate that PESSPA addresses the physical development aim of the curriculum and makes a significant contribution to the spiritual, moral, social and cultural development of our pupils. Through our high-quality Physical Education curriculum, School Sport and Physical activity opportunities we aim to inspire all pupils to develop their skills and talents to the best of their ability.

Our caring, confident and happy school is based on strong relationships which are built on mutual respect and trust which are embedded throughout PESSPA in our school. We are determined to uphold the values, ethos and vision that have made Westbrook Old Hall so successful and it is our firm belief that happy, healthy, respectful and active children make the best learners.

Aims

Westbrook Old Hall's aims for PESSPA are for our children to:

- Be physically active and find enjoyment in physical activity
- Participate and develop physical competence in a wide range of physical activities that provide appropriate challenge
- Build confidence and resilience to try hard and make progress across all activities
- Develop positive attitudes and embed character through the development of fair play, perseverance, sporting behaviour and the ability to cope with success and failure
- Enjoy learning in and through the subject, across the domains of physical fundamental movement skills, personal, social, cognitive, creative, health and fitness and leadership skills and be able to apply those skills across their wider learning in and beyond school
- Develop their physical well being through increased stamina, strength and flexibility, and recognise the positive impact on their emotional well being and health from engaging in physical activity on a regular basis
- Understand the need for safe practice in physical activities and know how to achieve this
- Develop the ability to evaluate their own and others performance in order to be the best they can be

Implementation – Curriculum:

In PE lessons, children will:

- Develop their physical, cognitive, social and emotional skills
- Apply their skills to a variety of activities
- Think about how they and others have performed and learn how to improve
- Understand the relationship between exercise and health and develop a positive attitude to exercise
- Work with others appropriately
- Develop an understanding of safe practice

All pupils are entitled to a progressive and comprehensive physical education programme that embraces current Statutory Orders of the National Curriculum and takes into account individual interests and needs.

Our curriculum provides activities to promote a broad base of fundamental movement skills and knowledge and giving opportunities to apply this to cooperative, collaborative and competitive situations that aim to cater for preferences, strengths and needs of all pupils. We will provide opportunities for development of creative and expressive abilities, and provide opportunities for children to work independently, in pairs and in groups. Pupils will be encouraged to appreciate the importance of having a healthy body and begin to understand factors that affect health and well-being. Our curriculum is inclusive, and all pupils have equal access irrespective of their age, gender, SEND and cultural or ethnic background.

While retaining its unique contribution to pupils' fundamental movement development, PESSPA has considerable potential to contribute to wider areas of learning such as within our forest school provision, geography mapping skills, maths, english, pshe amongst others.

EYFS

EYFS pupils will have access to outdoor play and provision each day and have weekly fundamental movement sessions. Teachers use our scheme of work to plan activities that offer appropriate physical challenges, and provide sufficient space, indoors and outdoors for relevant activities.

Pupils will be given sufficient time to use a range of equipment to support fundamental movement development. Resources can be used in a variety of ways or to support specific skills.

The language of movement will be introduced to pupils, alongside their actions.

Time and opportunities will be provided for children with physical or motor impairments to develop their physical skills, working as necessary with specialist providers to develop the children's agility, balance and co-ordination.

Additional adult support is utilised, if necessary, to support individuals and encourage increased independence in physical activities.

Key Stage 1

Pupils will be taught knowledge, skills and understanding through developing fundamental movement skills, extending their agility, balance and co-ordination individually and with others. Pupils will engage in both competitive (against self and others) and cooperative activities. There will be opportunities to apply skills taught in team games, developing simple tactics for attacking and defending.

There is also provision to develop co-operative, creative and performance skills using simple movement patterns. This is achieved in the provision of specific fundamental movement sessions, games, gymnastics, outdoor and adventurous activities and dance.

Key Stage 2

Pupils will have access to all components of the National Curriculum Programme of Study (athletics, dance, games, gymnastics, outdoor and adventurous activities and swimming) as well as further development of fundamental movement skills.

Westbrook Old Hall provides all pupils with timetabled two hours of Physical Education per week. This is delivered on designated PE days on which the pupils come to school in PE kit.

Pupils have access to a broad and balanced curriculum programme of study which has been designed to incorporate a variety of activities which enable pupils to apply fundamental skills learned to competitive/participation opportunities both within school and outside of school. A copy of the long-term curriculum map from EYFS to Year Six is attached as appendix 1.

PESSPA is rarely cancelled. The school values regular and frequent lessons to develop children's skills and abilities. In the event of weather conditions making it unsuitable to complete the activity planned, alternative arrangements will be made. These include in class activities, use of hall space if available with modification or adaptation, still allowing the learning outcomes to be achieved.

Curriculum Planning – Planning and Preparing the Physical Education Programme

At Westbrook Old Hall all PESSPA sessions are planned and structured to contribute to safe learning. The schemes of work on which our curriculum is based consider the safety of the pupils as paramount. Pupils learning needs are assessed against the schemes of work we use. Safe practice is embedded in the learning process and implemented in every lesson. Children are reminded of and encouraged to consider health and safety in every session.

At Westbrook Old Hall, class teachers and support staff who are deemed to be suitably qualified by the Head and PE Subject Lead deliver PESSPA sessions. The majority of PE lessons are taught by Year group teachers in order to develop and maintain pupils skills and understanding in the subject but also because the teachers know their pupils personal, social and health needs and can make appropriate cross curricular links when possible.

Occasionally, pupils are taught by sport specific coaches such as by our club link coaches from Warrington Wolves Foundation, Livewire swimming instructors, OAA specialists at residential or indeed if an additional opportunity is provided to broaden the children's experience and enjoyment such as quidditch or yoga. This is always done with at least one year group teacher/staff member present and supporting the coaches.

Our plans, plus other useful resources and trackers are stored on the school sharepoint, these are regularly updated by PESSPA Lead teacher and PE apprentice.

Our schemes of work can be accessed via online platforms.

Teachers are provided with access to the Jasmine learning platform for Real PE/Gym/Dance/Foundations in order to deliver Fundamental Movement skills sessions. The PE subject Lead provides the Year group teachers with planning and assessment documents for the application sessions which are taught across a half term as the second lesson for most year groups. Year Six focus more on the application of previously acquired fundamental movement skills, to develop physical confidence supporting their health and fitness and building character embedding our school values such as fairness and respect.

It is important that explicit learning about safety is reiterated to the pupils and teachers monitor pupils understanding of safe practice principles and apply them effectively.

Teachers are expected to conduct their own dynamic risk assessments and plan adapted learning opportunities, assessment opportunities and ensure these are noted.

Each lesson should include a warm-up and cool down relevant to the main activity and learning environment. All pupils should be physically active for sustained periods of time in every lesson. The use of visual aids and technology is strongly encouraged to enhance pupils understanding and learning.

Swimming takes place at Livewire Sankey Hub for all year four and five pupils for ten weeks of the year. Lessons are planned and delivered by the Livewire swimming instructors on behalf of Warrington Borough Council Swim Scheme. Class teachers are expected to assist and support during swimming sessions. The swim scheme provides assessments on pupil progress against curriculum requirements and safe self rescue.

Leadership and Management

The Subject Lead Teacher is responsible to the Head Teacher and will ensure that the following tasks are considered and carried out where appropriate:

- Developing good practice
- Managing budget/sport premium in conjunction with the Head Teacher/finance officer based on needs identified through the monitoring and evaluation of the subject, staff audit, and whole school development plan.
- Reporting on the school website about the allocation of the Sport premium and its impact.
- Auditing, ordering and reviewing the efficiency of equipment, learning resource and accommodation management to ensure the pupils are well taught and protected.
- Attending courses/ subject meetings to further their own professional development and providing information, support and appropriate continuing professional development for colleagues.
- Monitoring practice and planning and assessment, auditing needs for continuing professional learning to high quality delivery and impact on children is achieved.
- Making resources available to all staff, including health and safety policy, schemes of work, assessment materials and resources to support learning.
- Extending relationships and contacts beyond the school and in the local community.
- Keeping up to date with and implementing any National, County, Warrington PE and Sport Reference Group developments as appropriate.

Teaching and Learning

The organisation of PESSPA at Westbrook Old Hall promotes learning through physical activities and sport. Lessons are blocked in units of works that are age appropriate and aim to promote physical skills and competency, a progressively greater depth of understanding and application of these skills and to perform reflectively.

The structure of the REAL PE developmental scheme of work and the PE planning (application) scheme of work promote teaching and learning as they provide both continuity and progression. REAL PE specifies progression of Fundamental movement skills and multi-abilities and PE planning builds on these skills in a sport specific context contributing further to the children's knowledge and understanding.

The planning and delivery of each unit of work will be adapted by the teaching staff to provide appropriate challenge to all pupils, to extend those who are more able and provide the appropriate levels of support in order for all pupils to make progress.

Monitoring of Standards of Teaching and Learning

Subject monitoring and evaluating will be carried out by the Subject Lead Teacher with the support of the SLT where appropriate. The following strategies and measures will be used to evaluate standards in PESSPA.

- Self-evaluation – all staff are encouraged to identify CPD needs and seek support from the Subject Lead Teacher.
- Observation of teaching and learning, including support staff and coaches, to assist with identification of strengths and development needs
- Assessment of pupil progress and achievement
- Pupil interviews

- Evaluation of the subject in relation to the PESSPA offer and sport premium.

Staff Development

At Westbrook Old Hall, we acknowledge that continuing professional development is crucial for staff in order to provide the best possible opportunities for our pupils. Appropriate professional development for all staff will ensure secure PESSPA subject knowledge, consistency and awareness of health and safety procedures. Staff should be comfortable and competent in the activity being taught in PESSPA.

Opportunities for development of Westbrook school staff will be provided in order to enhance the quality of PESSPA within our school. This is particularly important of ECT's and staff new to our school. An extensive programme of CPD has been delivered through our Legacy Partner Create Development for a number of years and we continue to access this training for new staff, and as refresher training for all staff based on needs assessments. This can take the form of 1-1 supported sessions, observation of lead practitioners, courses both in person or online, staff meeting cpd sessions etc

Assessment and Recording in PESSPA

At Westbrook Old Hall pupils will be assessed throughout each unit of work using formative and summative assessment methods. Students progress will be monitored by the teacher who may be assisted to do so by the PE and Sport Apprentice/ support staff member. Pupils fundamental movement skills are recorded on an assessment wheel and at the end of each application unit, an indication of progress made will be recorded. This allows an overview of progress made over the academic year. Attainment targets for multi abilities (personal, social, cognitive, creative, knowledge and understanding of fitness and health and physical skills) set out the knowledge, skills and understanding that students of different abilities and maturities are expected to have at the end of each key stage.

We assess pupils by:

- observing the pupils, talking with pupils about what they are learning and achieving and listening to them describe their progress.
- Gathering feedback from pupils to inform teaching staff and children of what has been successful and allowing them to set targets for themselves for improvement
- Tracking participation in competitions and out of school hours activities
- Using online assessment tools to show progress across/within academic years

Significant strengths and weaknesses noted in lesson/unit evaluations are used to:

- Inform future planning by current teacher or new class teacher
- Form part of the statutory reporting process, and in discussions with parents
- Help children as a basis for target setting on what they want to improve
- Provide information to ensure continuity of progression throughout transfer between classes and key stages

Equal Opportunities, Gifted and Talented and Inclusion

Every pupil at Westbrook Old Hall has equal access to PESSPA. In our school, learning experiences are adapted to meet the specific needs of individuals and groups of pupils, including those who have diverse SEND, gifted and talented pupils, and those with English as an additional language. Lesson planning, delivery and assessment aim to ensure that children are provided with appropriate and effective opportunities to actively participate and succeed in a whole range of learning opportunities offered with and outside of lessons.

Any in class support will extend to PESSPA as appropriate. Teachers and adults other than teachers (AOTT) working with children will be made aware of any children who have additional support needs or medical conditions. The SENCO/ Subject Lead Teacher will liaise with staff to ensure all pupils needs are met in relation to teaching and learning in PESSPA.

- Excellence in PE is celebrated through:
- Participation in various sporting activities and competitions
- Participation in local cluster competitions
- Intra and Inter school Events and Sports week activities
- Promotion of daily physical activities through extra curricular clubs, before school, lunchtime activities and after school.
- Recognition of achievement in assembly

Adapted Learning

PESSPA at Westbrook Old Hall will comply with the three basic principles for inclusion:

- Set suitable learning challenges
- Respond to pupils diverse learning needs
- Strive to overcome any barriers to learning and assessment for individuals and groups of pupils

The REAL PE scheme of work is an excellent tool for adapting learning, it provides information and support for teachers and support staff in how to adapt activities to make experiences more appropriate for individuals and groups of children. Support staff are involved in planning for and supporting children with additional needs. Children who need additional support as well as those who need additional challenge are planned for and given adapted tasks and learning objectives.

Implementation – Out of School Hours Learning

The aims of the out of school hours learning (OSHL) programme are to extend and enrich the work being done in curricular PESSPA and to provide some pupils with opportunities to enable them to develop the skills they need to access aspects of curricular PESSPA.

The programme will reinforce the importance of keeping physically active in order to lead a healthy lifestyle.

At Westbrook Old Hall, our OSHL programme will:

- Provide a balance of competitive and non competitive activities through intra and inter school events
- Provide specific movement/general physical activity opportunities, which develop health and fitness
- Ensure that pupils are able to access OSHL based on their interests
- Ensure that we participate in School Sport Partnership and MAT fixtures and events that promote competitive opportunities and festival type events which encourage participation.
- Work closely with providers and local clubs to provide a varied programme
- Promote and encourage children to take part in Leadership and G&T camps organised by the SSP during holidays
- Inform parents of local clubs/ holiday programmes and facilities for children to access in the community
- Provide quality assurance through the subject leader, ensuring that providers are experienced and qualified
- Forge strong links with local community clubs (visiting coaches, taster days, club advertising)
- Inform pupils and parents of OSHL opportunities

Safe Teaching, Teaching Safely

Westbrook Old Hall Primary follows the PESSPA guidance provided by the Association for Physical Education (AfPE). This is a comprehensive guide to Safe Practice and managing risk in PESSPA and should be referred to regarding any aspect of health and safety.

A current copy of the current edition of the afPE Safe Practice in PESSPA is located in the Subject Lead Teachers classroom.

Good teaching and therefore safe teaching in PESSPA are achieved where a balance between appropriate challenge and acceptable risk is maintained and the likelihood of injury occurring is minimised. Anticipating possible risk can aid in planning effective risk management strategies.

Where this process reveals a risk that cannot be sufficiently managed, then planning needs to be reviewed.

Risk assessments for PESSPA are carried out on a regular basis and significant risks are reported to the Site Manager and Head Teacher.

Teachers are also encouraged to carry out dynamic risk assessments prior to every PESSPA lesson.

Support Staff

These include classroom assistants, teaching assistants, HTLAs, learning mentors, visiting coaches, sports apprentices and volunteers.

Additional support staff will be used during curricular and non curricular time in order to:

- Support the delivery of high quality PESSPA
- Enrich or enhance an activity pupils are undertaking
- Provide training opportunities for staff linked to PESSPA and sport premium key indicator three.
- Provide additional opportunities for OSHL

All adults supporting learning (ASL) and coaches will receive appropriate training and support to ensure their knowledge and understanding of delivering curricular PESSPA are in line with current statutory requirements and recommended good practice.

No ASL should work independently. They may work alone if competence has been monitored but will be managed effectively by the teacher and/or Subject Lead Teacher, whether through direct or indirect supervision of the ASL.

The Head Teacher will always maintain responsibility for safe recruitment procedures, disclosure certification, possession of a governing body of sport licence, where relevant, and confirming authenticity of all ASL and coaches.

The class teacher will maintain overall responsibility for what is being taught and the conduct, health and well-being of the pupils.

PESSPA Kit

Pupils will wear clothing that is fit for purpose according to the PESSPA activity, environment and weather conditions.

School PE kit is expected to be worn from EYFS to Year Six.

- White T shirt
- Black shorts, leggings or tracksuit pants
- Black pumps /trainers (shoes and socks removed for dance/gymnastics)
- School jumper or cardigan (for outdoor PE if necessary)

Long hair must be tied back with a suitably soft item to prevent entanglement in apparatus and to prevent obscuring vision.

Personal effects such as jewellery, religious artefacts, watches, hair slides and sensory aids (including glasses) should be removed to establish a safe working environment.

On going risk assessment needs to determine appropriate action. Staff should always try to avoid complete exclusion from a lesson due to a pupil being unable to remove personal effects.

To maximise safe and meaningful participation, the school and staff will use sensitive management when dealing with concerns arising from the wearing of certain items of clothing specific to religious requirements.

In hot weather, protection from the sun is advisable, therefore children can wear caps. Parents will be advised to apply sun cream for children.

For classroom-based movement in a limited space or playtime activity, it is acceptable for children to wear school uniform. Suitable supervision is provided to minimise risks associated with slips, trips or falls.

For inter school competitions and festivals, school sports kit will be provided.

Staff are role models for the children. Staff are encouraged to wear appropriate, suitable clothing for PESSPA sessions. On the rare occasions when this is difficult or impractical, a change of footwear and removal of jewellery, at the very least should be undertaken.

Strategies to support pupils who do not wear kit on PE days

PE is an essential part of the curriculum and in the first instance, parents will be contacted. However, where a parent is unable to bring in kit for their child spare kit will be provided. If a child persistently does not have kit, the class teacher/office staff will contact the parent requesting that kit is worn on PE days. If the situation continues this will be noted on Cpoms as a cause for concern and the Subject Lead and/or Head Teacher will request a meeting with parents. Children with special circumstances will have kit provided by school.

Equipment and Resources

The majority of the PESSPA equipment is stored in the PE cupboard adjacent to the old hall or in the green storage container on the playground. The key to the container is kept in the Subject Lead's classroom. Equipment is audited and listed.

The suitability of equipment is regularly reviewed to ensure it is appropriate to the range of ages, abilities and needs of the pupils in order to enhance learning.

Pupils are encouraged to:

- Look after resources
- Use different resources to promote learning
- Return all resources tidily and to the correct place with staff supervising.
- Learn safety procedures relating to the carrying and handling of resources

Other resources are located in the cupboard in the Year 3/4 area and or with the PESSPA Subject Lead Teacher.

Any damage, breakages or loss of resources should be reported to the PESSPA Lead Teacher as soon as possible. Any piece of apparatus where damage is observed that could cause injury must be isolated from use and reported.

Link Governor

The PESSPA lead Teacher is required to liaise with the nominated link governor on all matters to do with the PESSPA offer and keep them abreast of current developments in funding, recommended practice and health and safety.

Our PESSPA link governor is Jennifer Tinsley.

Review of Policy: March 2023 (or before if any significant changes occur).

Signed by Head Teacher:

Signed by Chair of Governors: