

Physical Education and School Sport Policy

Introduction

Our school vision for PE and School Sport is to ensure ***'All pupils are exposed to a broad range of high quality activities, to help develop a set of skills that will prepare them to make lifelong, healthy, active lifestyle choices.'***

At St. John's Primary we are fully committed to ensuring that our children are fit, healthy and active learners. We aspire to be a school that offers every child the opportunity to fulfil their absolute potential and we realise the vital role that sports and outdoor learning needs to play in realising those goals. We want our children to make healthy choices, to enjoy physical activity and to appreciate its benefits while embodying our core values of collaboration, determination, positivity, respect and friendship.

At St. John's Primary we recognise the importance of daily physical activity and how fundamental this is for children's physical, mental and social wellbeing. We teach our children about the impact that exercise has on their bodies which equips them to make more informed choices about continuing participation as they grow older. Here are just a few of the benefits you might see as a result of more active children:

- Improved mental wellbeing
- Increased confidence and self-esteem
- Better concentration and behaviour in class
- Helps children feel part of a team
- Enhanced social skills
- Increased resilience
- Improved sleep leads to better learning and concentration

Aims of this Policy

St. John's Primary has developed this policy to provide school staff and external providers of PE and School Sport, with guidelines on what is required to achieve maximum levels of pupil participation in physical activity. Our PE and School Sport offer sets out:

- To provide pupils with the best possible physical activity experiences regardless of race, age, ability or location, so as to encourage a lifelong healthy lifestyle pattern.

- To provide a supportive environment for enjoyable participation in a wide variety of physical activities, through the development of skills and good codes of behaviour.
- To provide the safest possible environment for all participants.
- To provide for the allocation of appropriate resources and facilities.
- To provide equitable opportunities for all students to participate.
- To develop and apply skills in a co-operative manner using appropriate levels of experiences and/or competition as required.
- To provide talented and gifted pupils with the opportunity to reach their potential and provide an age-appropriate participation pathway.
- To encourage participation in community sport and physically active recreation and competitions.
- To encourage participation of the whole school community in supporting physically active experiences.
- To encourage and empower those less active/able children to take part and enjoy physical activity.
- To provide a safe, healthy, challenging and physically active environment that encourages a sense of personal achievement, identity and satisfaction.

Curriculum Provision

At St. John's Primary we offer 2 sessions of PE weekly. One session is taught by class teachers and the second session is taught by an outside provider. The sessions provide:

- Weekly PE sessions which are based on the scheme where we teach the fundamental skills to enable our children to become physically literate.
- Personalised curriculum planning
- Progression grids for each area – skill based planning for life long learning

Teachers, coaches and any other members of the school community involved in the delivery of PE and School Sport need to:

- Encourage enjoyment
- Cater for varying levels of ability by providing every pupil with a 'fair go'

- Provide equal encouragement to all pupils to allow them to acquire skills and develop confidence
- Ensure the programme is available to all pupils by catering for groups with special needs such as:
 - pupils with disabilities/impairments
 - pupils from non-English speaking backgrounds
 - pupils with exceptional talent

Prepare and conduct sessions based on sound coaching and teaching principles:

- Set realistic standards and objectives for pupils
- Ensure a safe and productive environment
- Ensure consequences of inappropriate behaviour are clearly understood and promoted
- Encourage pupils to participate in games before, during and after school
- Act as a good role model of sporting behaviour.

Teachers, coaches and other members of the school community who take on a teaching responsibility for PE and School Sport are also encouraged to become accredited with the National Coaching Accreditation Scheme (NCAS) through national sporting organisations, and keep up-to-date with teaching developments.

Professional Development

Professional Development is ongoing, bespoke and continuous. A skills audit is conducted yearly with all teaching staff, to establish a programme of professional development. The programme sets out to reflect the needs of staff in order to up-skill, and develop confidence and competence in delivering the requirements of the National Curriculum for PE. Where possible St John's Primary encourages school based professional development, to ensure that any training and support reflects the individual teachers learning environment. St John's Primary also encourages teachers who have benefited from a training or mentoring opportunity, to disseminate new practise with colleagues where it is appropriate.

Extended Sports Provision

St. John's Primary offers a wide variety of lunchtime and after school clubs, which include a range of sporting and recreational activities (these may vary based on pupil interest and access to provision). After school activities are about enrichment and reflect pupils' interests. These clubs run free of charge (or a nominal fee that goes back to the school to help support the maintenance and upkeep of equipment, and professional development) for our children with the aim to enhance our school provision and improve the skills and teamwork of our children. There are also a number of other specialist clubs which are run by outside providers (these clubs are charged by the provider).

Our annual sport and outdoor learning survey is one way in which we hope to demonstrate the positive impact of PE and Sport in our school.

At the end of the session pupils will be released when a recognised parent or carer has made contact with the coach.

Competition

At St John's Primary, provision is made for a healthy level of competition for all pupils. Competition occurs at the intra-school and inter-school level as well as on a less formal, social basis and is conducted at a level that is appropriate for the age and experience of the pupils.

Teachers, coaches and other members of the school community involved in the delivery of PE and School Sport need to ensure all pupils participating in the sport programme are aware that, although everyone likes to win, participating is equally as important.

St John's Primary has established links with WESPORT (West of England Sports Development), who centrally organise a programme of sporting inter school festivals, tournaments and events. The programme involves both participation (just taking part) and performance (leading to knock out) events, to ensure a varied and appropriate range of participation and competition for all levels of ability.

A calendar of events is scheduled yearly and communicated with schools across Bristol. St John's Primary also has links with local schools, and arranges local fixtures to broaden the opportunities for the pupils at St John's Primary.

Medals and trophies won will be celebrated and placed in prominent positions, in order to share these achievements with the whole school community.

Safety

The provision of a healthy and safe environment for pupils and teachers in the school is essential. Teachers, coaches and other members of the school community involved in the delivery of PE and School Sport need to ensure the following safety issues are addressed and

follow school policies where applicable. Providers also need to recognise the difference between pupil and adult physical and emotional characteristics:

- Understand the short and long-term medical conditions of pupils (this includes previous and existing illnesses and injuries)
- Ensure that the equipment and facilities are safe and in good working order
- Enforce the use of recommended protective equipment required for a particular game or sport for example, a gum shield or shin pads
- Provide access to appropriate first aid facilities and equipment

Communication with Parents/Guardians

Teachers, coaches and other members of the school community involved in the delivery of PE and School Sport need to inform parents or guardians of their child's involvement with the specific activity and give them information about the activity programme. This information should include:

- Names and contact details of all teachers/coaches involved
- Days, times and dates of all practices and competition games
- Recreational activities that involve their child.

Behaviour

Teachers, coaches and other members of the school community involved in the delivery of PE and School Sport need to:

- Ensure pupils are aware that their behaviour is expected to be consistent with behaviour expected at school or home, before, during and after any sporting event or recreational activity.
- Manage pupils who fail to comply with the above codes of behaviour as set out in the school's 'Behaviour Management' policy.

Spectators

It is just as important for spectators to behave in an appropriate manner at any physical education or sporting event. St John's Primary will:

- Provide guidelines/expectations of behaviour of spectators and parents and other members of the school community and provide sign-posting about codes of behaviour at the beginning of the year for parents on our school website.

Equipment

Teachers, coaches and other members of the school community involved in the delivery of PE and School Sport need to ensure all equipment used is appropriate for the age group, and be in good condition. As well as educate pupils on how to correctly and effectively use the equipment available. pupils who fail to use the equipment for its correct purposes run the risk of losing their privilege to use it at all.

Uniform and Dress Code for Physical Activity

Children enjoy the feeling of being part of a team, and, where possible uniforms should be provided. Teachers and coaches need to:

- Inform parents and guardians whether uniforms will be provided by the school or whether they will need to be supplied by the pupil. If pupils cannot afford to purchase items of a particular uniform, the school will consult with the family to find a suitable arrangement.
- Ensure clothing is appropriate for the activity

School Sports Day

School sport days at St John's Primary consist of pupils participating and competing in various sporting activities. The pupils are encouraged to have fun and develop their physical skills, perseverance, determination and resilience.

The Sports Premium Funding

The Sports Premium Funding is an initiative facilitated by the current Government to enhance the provision of P.E. and School Sport in primary schools. The funding, a direct response to London 2012, has been available to primary schools since 2013-2014 and will be until 2020. Each year, primary schools receive a lump sum depending on the number of pupils on roll and then a further £10.00 per pupil on roll.

Initially, the funding that St. John's Primary received allowed the school to continue developing its provision. The school will continue to develop its PE curriculum, providing a rich, varied and balanced provision with resources enhanced, providing quality staff CPD and

high quality teaching and learning for all children. It will also provide further exciting opportunities for all children to be challenged and allow them to compete in school and out of school.

There is an expectation that the impact review is done yearly to reflect on the successes and areas for development.

Actions:

Parent/Spectator Code of Conduct to be written for after school sessions and competitions, and uploaded on the school website.

Note:

This policy is to be read in conjunction with the school's Safeguarding Policy and Pupil Privacy Notice.