

Physical Education and School Sport Policy



Introduction

Our school vision for PE and School Sport: 'At St. John's we understand the importance and value of PE (and sport) to the development of the whole child - from a physical, emotional and social perspective. We aim to provide every child with the opportunity to grow, develop, excel and above all fulfil their potential across the context of PE and Sport.'

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 sport and 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 PE, School Sport and Physical Activity (PESSPA). Our PE and School Sport offer sets out:

- Meet the requirements of 'Physical education programmes of study: key stages 1 and 2 National curriculum in England' published in Sept 2013.
- To provide pupils with the best possible PESSPA 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 PESSPA, 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 all 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 PESSPA.
- 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 the class teachers and the second session is taught by our PE and Sport Lead/PE and Sport Assistant. The sessions provide:

- At Lower Redland Road (infants) we introduce our pupils to the PE animal friends (Speedy Sue, Sarah Strong, Balance Bob, Stamina Stan, Flexible Frank, Coordination Connor and Agile Anna), aiming through games and play activities to introduce and practice on the basic fitness skills in a positive and creative way. Our main focus is Playing and Exercising with a small part of our lessons building up towards some basic sports specific skills towards year 1 and 2
- At Worrall Road (juniors) we continue building up the fundamental fitness skills while emphasizing more on sports specific skills. Our school PE motto is repeated more regularly along with the introduction of competitive elements for the Y3&4 pupils. Learning and respecting the rules of the games and sports is now more evident while sessions continue to have a strong element of playing and exercising. In Y5&6 we slowly increase the competitive element in our PE sessions while actively exercising. Children learn more about how their body works, muscles and healthy choices, our sports leaders and class sports monitors get involved in the school's sporting activities and our children are prepared for their transition to secondary school.
- Weekly PE sessions which are based on PE lesson plans designed by our PE Specialist teacher, Mr Samaras. We teach and practice the fundamental physical skills to enable our children to become physically literate. At the same time, we aim to exercise and improve upon basic and more advanced sports specific skills based on our curriculum planning.

-We repeat and learn our school PE motto. **Play-Exercise-Compete (Win or Lose=WIN)** and teach our children to be **Proud for Exercise**.

- Curriculum planning broken down by Year Group and activity with explicit Key Skills, Learning Objectives, Games, reference to Rules and Regulations Assessment Criteria and cross curricular links when applicable.

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

- Encourage enjoyment and support all levels of learning
- 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 suitable to all pupils and adaptations are made for children with additional needs
- 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 Sport and Physical Activities 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 Sports/Activity National Governing Bodies 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 to up-skill, and develop confidence and competence in delivering the requirements of the National Curriculum for PE. Arrangements are made for skilled external professionals visit the school and teach groups of children so that class teachers can observe learn and further develop their skills. The PE specialist teacher also plans to deliver sessions for the class teachers to observe. 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. We also aim to offer at least 2 inter house competitions each year for our junior children. There are also a number of other specialist clubs which are run by outside providers (these clubs are charged by the provider).

Other events also take part throughout the year to promote exercise and sport such as National Fitness Day, Junior Sports Adventure Day, and Sports Week events. 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.

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 and developing is equally as important.

St. John's Primary has established links with local primary and sports clubs and friendly matches are organised regularly. St. John's also participates at the 'School Games' scheme, (GOLD Mark) who centrally organise a programme of sporting inter school festivals, tournaments and events. The programme involves both development based 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 within and outside the school community, 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/Carers

Teachers, coaches and other members of the school community involved in the delivery of PE and School Sport need to inform parents or carers 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 carers 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
- Efforts will be made to ensure religious clothing can be worn safely in PE lessons, in consultation with families.

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 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 for the foreseeable future. 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
- Pupil Privacy Notice
- Uniform Policy.

Due regard was taken by carrying out an EqIA to consider the impact on protected groups. However, the impact of the proposal was positive (or at least neutral) for all.	Tick required: ✓	Date: 19/09/24
--	---------------------	-------------------