



Headteacher	Autumn 2021
Review	Autumn 2023

Woore Primary and Nursery School

Physical Education and School Sport Policy

Vision Statement

Our aim is for all children at Woore Primary and Nursery School to experience high quality Physical Education (P.E), school sport and physical activity that will lead to lifelong participation in sport as part of a healthy lifestyle.

We will aim to:

- improve children's health and well being
- help children to achieve an average of 60 minutes per day of physical activity across the school week in line with the Chief Medical Officer's guidelines, with 30 minutes being provided in school
- provide high quality sporting opportunities for all
- assist each individual to be the best that they can be
- encourage community involvement and responsibility
- promote a lifelong love of sport
- celebrate sporting achievements
- continue the lasting legacy of the Olympic and Paralympic games.

We recognise that sport has an important role to play in raising standards and narrowing the achievement gap. Research has shown that sport as part of a broad and balanced curriculum can improve attendance, behaviour and attainment. Sport can also build self-esteem, teamwork and leadership skills.

Introduction

The school believes that physical education, experienced in a safe and supportive environment, is a unique and vital contributor to the children's physical development and well-being. It is our aim to provide a broad, balanced and progressive programme of activities which offers stimulating, enjoyable, satisfying and appropriately challenging learning experiences for all children. We are keen to develop healthy competition to promote high standards and sporting success in all types of sporting activities. Through physical education, we teach children

the importance of physical activity, sport and understanding of personal wellbeing to ensure they have the opportunity to choose and develop a healthy lifestyle.

At Woore we aim to ensure all children:

- acquire and develop skills, performing with increasing physical competence and confidence in a range of physical activities and contexts
- learn how to select and apply skills, tactics and compositional ideas to suit activities that need different approaches and ways of thinking
- understand how (and be able) to persevere, succeed and acknowledge others success
- take initiative, lead activity and focus on improving aspects of their performance
- discover their own aptitudes and preferences for different activities
- recognise and describe how their bodies feel during exercise
- make informed decisions about the importance and value of exercise in their lives
- develop positive attitudes towards participation in physical activity
- develop positive self-esteem through achievement
- appreciate and demonstrate fair play, honesty in competition and good sporting behaviour

Teaching and Learning

At Woore Primary and Nursery School all classes receive 1 hour of P.E each week. Sessions are led by the class teacher/HLTA.

All children are taught Games, Gymnastics, Dance, Swimming and Athletics. Outdoor activities are taught to children in upper KS2. Teachers follow the requirements in the national curriculum (2014) for KS1 and KS2 pupils and the Early Years Foundation Stage for Reception pupils. Children are involved in acquiring and developing skills, selecting and applying, evaluating and improving performance, knowledge and understanding of fitness and health.

Sports Coaching

ASM provide two sports clubs for pupils after school: Class KS1 and KS2. ASM also train 'Sports Leaders' within school to enable them to lead playground challenges and support within lessons, this is offered to children in Years 4,5 and 6.

Forest School and Outdoor Learning

Forest School is based on a desire to use the outdoors to facilitate learning in a calm, active and purposeful atmosphere. Through good outdoor play all children can benefit as it stimulates the senses and allows for children to respond and act / behave in an individual way. Forest School is a holistic experience for all. Forest School is based on child-led work and the emphasis is on observing and developing children's skills through their own learning styles. Children learn the importance of boundaries and trust which encourages independence and respect. This raises self-esteem and promotes confidence. In this type of outdoor environment, it is known that communication develops and cooperation and working / playing with others improves in fun and relaxed surroundings. This makes for happy, healthy and resilient children!

Each week pupils in all years have a forest school session.

A range of different opportunities are provided for the children by our qualified teaching assistant each week. In some lessons pupils might look at nature and wild-life and during others planning is linked in with other areas of the curriculum based upon our termly topic. Pupils learn a range of life skills such as tying knots, making fires and building shelters. At the end of each session, children are given free time to explore their surroundings and follow their own learning. At the end of each term pupils celebrate with a fire and toasted marshmallows.

ActivSports Partnership

Woore is part of a partnership of local schools who cluster together for inter-school competitive events. Over the year pupils take part in a range of different sports at L2 and L3 events within the county. Woore has achieved the Sainsbury's school games 'Gold' Award for the last four years running which recognises our involvement in school P.E and Sport.

'Sports Leaders' support in the arrangements of competitions and help lead sports teams. They also provide active games for pupils at lunchtimes.

Change 4 Life

The Change4Life Sports Club is aimed at Y3/4 pupils. It is designed to increase physical activity levels in less active children by:

- Using multi-sport themes.
- Using the inspiration of the Olympic and Paralympic Games.
- Responding to what children want.
- Establishing a habit of regular participation.
- Developing a real sense of belonging.
- Changing behaviours relating to key health outcomes (including healthy eating, physical activity and emotional health).

At Woore, we offer a weekly 1 hour Change4life after school club during the Spring Term, where children discuss healthy eating habits, share the different activities they have done during the week and participate in a range of fun activities designed to promote a healthy lifestyle.

Clubs

Our sports coach from ASM provide our weekly afterschool clubs. These clubs are changeable to suit all ages and also to provide additional coaching leading up to competitions. On occasions, sports clubs are also led by school staff when preparing for a local competition.

Staff Development

Staff development for teachers and teaching assistants is provided according to need and opportunities available through a variety of providers. This includes CPD such as:

- Change4Life
- P.E Update Meetings
- Swimming
- Gymnastics
- Forest Schools
- Dance
- Invasion Games
- Skipping

Monitoring

Monitoring is carried out by the Subject Leader when prioritised in the school development plan. The Subject Leader will carry out formal and informal lesson observations and provide feedback to the staff, in line with Performance Management and SDP documents.

Resources

At Woore we have the use of the hall and vast outdoor area for P.E lessons. When swimming, pupils are transported to the swimming pool at Market Drayton where we have full use of the pool which includes a lifeguard and swimming teacher.

We have a vast array of equipment which has recently been updated. This can be found in the outdoor P.E shed.

We have a newly laid daily mile track which runs around the perimeter of the school field.

We have a newly installed goal end to be used during PE lessons, but also to encourage further participation at break and lunch.

Our playground markings actively encourage physical activity through the children's play.

Health and Safety

In the interest of health and safety, appropriate clothing and footwear must be worn and all jewellery and other personal affects removed by the children themselves. Earrings should not be worn in PE lessons. Children take them out themselves if they are able to do so and store them safely. Children who aren't able to do this are asked not to come to school wearing earrings. Recently pierced ears should only be taped if the teacher feels there is no risk associated with the activity. Pupils with long hair must tie their hair back for P.E activities. Otherwise the children will not be allowed to participate. In such cases children will take a passive role in the lessons, e.g. scorers, coach and equipment monitor. Teachers and children wear appropriate clothing and footwear to encourage high personal standards and to enhance the image of the school and that of PE.

Inhalers and first aid packs must always be accessible during all forms of PE. And it is vital that all relevant medical information is shared with the teacher taking the lesson.

During PE lessons children are be encouraged to:

- listen to instructions
- move quietly and carry out activities with minimum of noise
- show awareness of others when moving and working
- warm up / cool down appropriately
- move apparatus appropriately and correctly.

SPORTS PREMIUM REPORT

The school receives a government grant to improve the quality and breadth of P.E and Sport provision. Alongside this policy we have a 'Sports Premium Report' which outlines our focus and spending for each academic year. This can be found in the headteacher's office and on the school website.

Inclusion

At Woore Primary and Nursery School teachers ensure that they adopt an inclusive approach to their P.E planning and teaching; ensuring that pupils of all abilities and backgrounds have an equal opportunity to make good progress and enjoy P.E.