

DALLAM PRIMARY SCHOOL



PE POLICY

Date of this Review	March 2023
Next Review due	March 2024

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Intention

At Dallam Community Primary School, we ensure that our PE curriculum is inclusive and engages all pupils. It is an integral part of our wider curriculum and ensures that children experience a broad range of sports and physical activities. It is our intention that children acquire, develop and refine their practical skills and techniques and develop the emotional and thinking skills needed to achieve in PE, Sport and life. We are committed to promoting a diverse range of physical activity at different points in the school day and beyond so that all children can experience success and find activities that inspire them to be more active.

Our aim is to deliver high quality teaching and learning which enables all children to succeed; to enjoy physical activity and to be resilient and reflective. We believe in providing children with opportunities to develop leadership skills through sport and have a committed, well trained pupil group who provide peer support. All activities are carried out in a safe and supportive environment, where effort and hard work, as well as success, are celebrated.

Children participate in competitive sport at different levels to foster a lifelong love of a wide range of physical activity. This is carefully planned through our progressive curriculum which includes opportunities to compete. During PE lessons and playtimes, we recognise the importance of supporting children to understand what it is like to be part of a team where they develop confidence, collaboration and sportsmanship alongside our school values of respect, resilience, inclusivity, honesty, ambition and kindness. We prioritise challenge and personal best in all areas to inspire and develop character.

We foster a good understanding of the importance of health, fitness and wellbeing so that children leave Dallam Primary with an understanding of how exercise and sport can have a positive impact on their physical and mental health.

Implementation

At Dallam, our PE curriculum is ambitious: long-term plans ensure that we meet the requirements of the National Curriculum. All pupils receive at least two hours of high quality PE per week using our outside spaces or the school hall.

Throughout the school year a sports coach covers skills in athletics, gymnastics, invasion games, net and wall games and striking and fielding games. This provides a weekly CPD session for all staff as well as specialist teaching for the children.

The sports coach also provides additional sessions for groups of children where need is identified. E.g. coaching for competitions; supporting less enthusiastic children to be more active: developing basic skills, confidence and self-

esteem or supporting the physical development of our youngest children which impacts across the whole curriculum.

The second weekly PE session is taught by the class teacher following the 'Real PE' scheme and includes dance. The scheme provides the support required for non-specialist teachers to deliver high quality teaching and further develop knowledge, skills and understanding through half termly focii on fundamental skills (social, physical, creative, personal, cognitive and health and fitness). All physical skills practised through Real PE sessions are transferrable to team games which liaison between class teachers and the sports coach ensures.

PE lessons are highly inclusive. Children in the designated provision classes (all with a diagnosis of ASD and most with comorbidities) routinely integrate into these sessions with their mainstream peers, supporting social skills development as well as physical activity.

<https://app.realpe.co.uk/login>

New or supply staff should see the PE lead in order to get a login for the real PE.

The Dallam Sports Crew are a group of children who have received training and coaching for their role in promoting and leading sport within school. They support a variety of sporting events both in and out of school and promote enjoyment and active play at break times. They can be identified by their yellow polo shirts when they are on duty.

In addition to PE lessons, children have a variety of opportunities to be physically active throughout the day. If appropriate, teachers may plan opportunities through the wider curriculum, e.g. a walk around Sankey Valley Park as part of geography, a hike to the top of a hill as part of a history visit or the 1.5 mile walk each way to the local high school for music lessons. The bike track on the rear school field is used for children to complete the "daily mile", either walking, jogging or on scooters and bikes; the forest area is used for outdoor activities and games including supervised climbing with small groups; playtimes are active, with a range of activities including skipping, football, hockey and basketball in addition to a range of equipment that is readily available and fixed apparatus on all playgrounds. Playgrounds are zoned to ensure that no activity dominates. An HLTA and senior mid-day have responsibility for managing and monitoring active playtimes.

In line with the requirements of the National Curriculum, weekly swimming lessons in Spring and Summer terms for Lower KS2 take place at the Jubilee Hub. These are taught by specialist swimming teachers and supported by school staff. Children in designated provision classes often find these sessions particularly stressful so KS2 classes access their lessons in the Dallam and

Bewsey Hub using a hydro therapy pool and following an adapted swimming curriculum for SEND pupils. They are able to walk to these lessons from school.

School has bike storage racks on the KS2 playground and by the main entrance. Children are encouraged to walk to school or come on their bikes and scooters, particularly in the spring and summer terms when the weather improves.

Participation in competitions, non-competitive events and out of school activities are celebrated in a weekly assembly led by the Headteacher. Team work and good sporting behaviour are always acknowledged. A trophy unit in school celebrates sporting success within school and in competitions.

Visits and Visitors:

We welcome a wide range of specialists into school to enhance our PE curriculum and ensure that our children have opportunities to compete against their peers in other schools.

e.g. rugby coaching from specialists at Warrington Wolves leads to a tag rugby festival for many local schools, Cheshire Cricket coaching further develops skills to enable children to compete successfully against other schools

We seize opportunities for children to compete in a wide range of competitions and experiences for all abilities and aptitudes e.g. athletics, ten pin bowling, football, hockey, adapted sports competitions for people with disabilities, tri-golf, dance, snow boarding.... All of our pupils compete in our annual Sports Day in the summer term – families are invited to share this event.

We actively engage in opportunities for children to develop the skills to be physically active and safe outside school. Year 5 undertake a Cycling Proficiency course each year which takes them onto the surrounding roads to develop traffic skills and teaches them basic maintenance checks to ensure that they are riding road worthy bikes.

We welcome a wide range of visitors in to school to work with and inspire children including dance workshops, prominent women in sport and professionals who have made their career in sport e.g. the managing director of Canberra FC. We actively promote athletes who have overcome disability to excel in their sport through PE and also through the wider PSHE curriculum.

In KS2, children take part in Adventure Activity Days which are delivered by Active Hope. These always include a strong physical element alongside providing experiences for the children. E.g. a day at the beach, a long country walk, a trek through a forest, camping out. Children who would benefit from intervention to develop self-esteem, confidence, social skills, team skills or are disadvantaged may also take part in the Inspire Programme with Active Hope

or their holiday experiences where they are introduced to a wide variety of outdoor pursuits from den building to canoeing to rock climbing.

In the final year of school, Year 6 children have the opportunity to take part in a residential visit with a strongly active focus. This may be camping in Cheshire for a night or two or at an outdoor adventure centre. Whilst this is heavily subsidised by the school, the nature of the visit depends on what families can afford to pay at the time.

All visits require an EVOLVE to be completed by the group leader in advance of the trip and for any visit which has an element of outdoor adventure, these must be completed at least six weeks before the start of the visit.

After school clubs

We offer a range of after school clubs, some of which run all year and others for a term. The PE curriculum is enriched through multi-sports, netball, football, gardening, running, wellbeing club which are provided by the Sport coach and school staff and other clubs maybe provided by visitors which change from year to year.

PE Uniform

The PE kit at Dallam School is part of the uniform. We promote the importance of the correct clothing and footwear for sport. Teachers and TAs should monitor this closely and where a child does not have the correct PE uniform, liaise with families to establish any barriers to children having one. School has a stock of donated uniform items in the reception area which parents and carers are welcome to help themselves to. If families are unable to provide the correct uniform, refer to the family liaison lead.

- Dallam royal blue PE polo shirt (available with school badge)
- Black shorts and black tracksuit bottoms for winter
- Trainers
- Single, small stud earrings and wrist watches are the only jewellery permitted in school
- For health and safety reasons, all earrings must be removed for PE sessions
- Staff to wear appropriate sports clothing/ Dallam Polo t-shirt and trainers

PE equipment

Equipment is stored in the PE cupboard at the rear of the hall and labelled. Larger equipment such as benches, mats and larger gymnastics equipment is stored around the school hall.

Outdoor provisions in EYFS, designated provision and the play loft in Nursery support the development of physical skills essential for learning across the curriculum with e.g. large apparatus, equipment in continuous provision and enhancements to develop specific fine/gross motor, social and emotional skills. Equipment is stored in the storage cupboards and sheds within these areas.

Purpose built apparatus is installed on the KS1 and 2 playgrounds and fenced areas are available for team sports. The KS2 playground also has basketball nets.

The forest area provides opportunities for a variety of physical activities and games. Some of the trees are suitable for climbing. Teachers who want to take individuals or small groups to climb, should first discuss this with the Headteacher. Trees on site are surveyed and managed to ensure that they are healthy.

A range of equipment to support active playtimes and lunchtimes is stored in playground locations and should be collected and returned at the end of each break.

The bike shed contains different sized bikes, scooters and helmets. The key to the bike shed can be obtained from the office and must be returned following use. Children should be supervised when selecting bikes and helmets to ensure that they are correctly sized. Children should always wear helmets when using this equipment.

All equipment is to be returned and stored safely in its original position.

Large apparatus and bikes/scooters are inspected annually for safety and where appropriate, safe systems of work support use.

Impact

Pupils develop good knowledge and skills across the curriculum and, as a result, achieve well and make good progress regardless of their starting points. Children apply their skills across sports and activities and leave each phase of their education ready to tackle the next.

Monitoring consistently demonstrates that pupils enjoy their physical education and know how to be physically and mentally healthy and use subject specific vocabulary well. Children report that PE lessons are fun, enjoyable and challenging and all children can take part in a supportive, safe and stimulating environment.

Our children are eager to take part in competitions and our determination to find the right opportunities for different groups of children ensures that they have the chance to experience success. We regularly receive feedback

about our children's great sporting behaviour as winners or losers in competitions and their strong teamwork skills. Our children have competed at all levels: from school sports day to county level.

Other evidence to support our knowledge of the impact of our curriculum comes from:

- Learning walks
- Pupil voice
- PE Premium spend analysis
- Analysis of participation at after school clubs and competitions
- Assessment data
- Photo and video evidence of children's practical work
- Feedback from other professionals