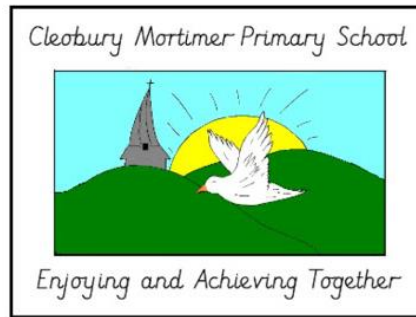


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## *Physical Education and Healthy Lifestyles Policy*

PE and sport is an essential part of our ethos at Cleobury Mortimer Primary School. We recognise the vital contribution PE can play in the physical, social and spiritual development of every child. Our aim is to ensure all of our pupils leave school leading healthy and active lifestyles, with a lifelong affiliation to sport and exercise. We aim to do this as outlined:

### ***Physical Development***

- To develop physical competence and confidence by acquiring and developing a range of fine and gross motor skills.
- To develop knowledge, skills and understanding.
- To promote fitness and a healthy lifestyle by understanding the effects of exercise on the body.
- To appreciate of the value and benefits of safe exercising.

### ***Social and Emotional Development***

- To develop a love of physical exercise.
- To develop the ability to work independently and with others.
- To develop confidence in their own skills and abilities.
- To develop a sense of fair play.
- To begin to understand that physical exercise can have a positive impact on our emotional wellbeing.

### ***Cognitive Development***

- To develop decision making and problem-solving skills.
- To develop reasoning skills and the ability to make judgements.
- To improve observational skills and to use this to improve their own and others' performance.
- To understand that using the correct technique will improve accuracy and individual performance.

### ***Spiritual, Moral and Cultural Development***

- To develop a respectful and positive attitude to themselves and others.
- To be able to encourage others and give praise for their achievements to discourage any fear of failure.
- To raise self-esteem through opportunities to celebrate sporting success.

### **Early Years and Foundation Stage**

EYFS children have two PE lessons per week, delivered by their class teacher and sports coach. They are encouraged to move with confidence, control and co-ordination. They will be developing gross and fine motor skills through a range of multi-skill activities. They develop their awareness of space and ability to travel over and under through apparatus whilst beginning to appreciate the safety measures required to do so. They will also begin to recognise the importance of keeping healthy and the ways in which they can achieve this.

### **Key Stage 1**

KS1 children have two PE lessons per week; one with their class teacher and one with our sports coach. They are encouraged to build on their natural enthusiasm for movement, developing fine and gross motor skills across a range of activities. They work towards meeting our KS1 targets through a broad and balanced PE curriculum.

### **Key Stage 2**

KS2 children have two PE lessons per week; one with their class teacher and one with our sports coach. Children are also taught to swim in line with the National Curriculum objectives in order to achieve swimming 25m by the end of KS2.

The children are encouraged to enjoy communicating, collaborating and competing. They will develop an understanding of how to succeed in different activities and learn how to evaluate and recognise their own success.

### **Curriculum**

*A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sports and other physically demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect. – National Curriculum.*

Every pupil in every year group will receive a broad and balanced programme of P.E. Medium and long term plans are followed for each year group with activities in compliance with the National Curriculum and clear learning outcomes have been identified. Opportunities to develop key skills identified in the PE progression of skills document will be factored into lessons and children will be challenged to take these skills to the next level, depending on prior learning and attainment. Opportunities to practise these skills will present themselves in the form of games, performances, routines and interschool competitions. There is also broad opportunity for children who are not confident in PE to experience off-site sporting opportunities through organised 'inspire' events.

Our PE curriculum is designed to promote inclusivity of all children and we strive to offer the best opportunities that we can for our children.

### **Curriculum content rationale**

The curriculum has been designed to enable children to develop a range of skills essential to performing highly across a range of sports. Sports chosen represent the passions, skills and specialities of the class teachers and sports coach. The curriculum has been designed to make best use of the ever improving facilities we have and the affiliations held with other organisations. The access to and support from a range of specialist sporting organisations has also affected the design of the curriculum.

### **Assessment**

All children will be monitored by both class teachers and sports coaches against our assessment targets. Our aim is to enable children to become familiar with and secure across the range of skills identified on our PE Skills Progression Grid. We will use these assessment records to assist with further planning, including to identify target children who may benefit from additional activities, such as archery club.

### **Equality of Opportunity**

PE lessons should at all times emphasise the individuality of pupils' and their needs. All pupils should be valued equally and have equal access to the curriculum regardless of ethnicity, gender or ability.

### **Inclusion**

Teachers and sports coaches should strive to make their lessons accessible to all learners. We advocate using the STEP approach in all PE lessons:

**Space** – Where is the activity happening? Modify the space by increasing or decreasing the area in which a task is to be performed. Change the distance or area in which to score points.

**Task** – What is happening? Modify the task by changing the demands, the rules of the activity, the number of times the pupil is to repeat the task.

**Equipment** – What is being used? Modify the equipment by changing the size of the target, level of equipment, amount of equipment, height of the equipment.

**People** – Who is involved? Modify the people involved in having children work alone, with a partner, bigger teams, smaller teams.

### **PE Kit**

#### ***Pupils***

Pupils are expected to wear the correct PE kit as outlined in our uniform policy. This is to ensure the maintenance of hygiene and to enable pupils to carry out lessons safely and without restriction.

Children are expected to:

- Bring standard school PE uniform to every PE lesson – trainers/pumps, socks, blue shorts, white T-shirt. Winter kit is permitted during the winter and the first half of the spring terms.
- Bring suitable clothing for extra-curricular activities.
- Personal effects such as jewellery, watches, hair slides, hearing aids or glasses should always be removed, unless essential for the child to participate in the lesson. Earrings need to be taken out or covered with earring tape.
- Religious and Cultural clothing - Where possible these should be removed or made safe by taping, padding or covering. If removal is expressly forbidden, then efforts will be made to modify the activity to include the wearer.

#### ***Staff***

All staff involved in a lesson should be appropriately attired. Staff should wear clothes suitable for taking part in exercise.

## **Safeguarding**

### ***Facilities***

PE may take place in the following areas:

1. ***Hall***
2. ***Playgrounds***
3. ***Classrooms***
4. ***External venues***
- 5.

All of the above have up to date risk assessments completed and on file which staff should be familiar with and can access via our shared area. Children should not enter the P.E. cupboard or any PE area without supervision from a member of staff. If an accident occurs during P.E. lessons, staff should follow the school procedure for first aid treatment. Teachers should ensure their class medical box is with the class at all times during PE. This should be collected from the office and returned promptly at the end of the lesson. Any child not taking part in PE lessons due to medical reasons should have a signed note from a parent/carer or the parent/carer should notify the office at the start of the day.

### ***Visitors***

Any visiting adults will be asked to provide an enhanced DBS check and appropriate qualifications through a relevant organisation in order to deliver PE lessons. A member of staff should always remain with the visitor.

### ***Equipment***

All staff should be aware of the state of any equipment and highlight any faulty or damaged items. These should not be used in the lesson and reported immediately. All equipment should be stored in its relevant place in a tidy and safe manner.

## **Out of Hours Clubs / Extra-Curricular Events**

All children in KS1 and KS2 will be given the opportunity to attend out of hours sports clubs. The school will arrange a wide variety of out of hours activities for the children to take part in, in line with pupil and parent voice. Payment maybe required to take part in these clubs/events. Allocation of these places is on a first come first serve basis.

### ***Interschool Events and Competitions***

Pupils will be given the opportunity to represent the school in different teams throughout the year. They will compete in various competitions and fixtures against other schools at several venues. We will ensure that:

- Pupils' well-being is never compromised by being placed in any unsuitable situations.
- Staff will be present with pupils at all times during sports events.
- Staff are aware of all pupils' individual learning needs, behaviour patterns, medical issues and their ability to undertake the activity concerned.
- The head teacher is aware of all sporting events and has given their approval.
- Up to date information on the venue has been obtained.
- A register of participant names and emergency contact details is available to staff.
- Essential medical information is known and available.
- On-going risk assessment is carried out, both for individual pupils (where required), transport to and from the venue and the venue itself.
- Appropriate first aid provision is made to deal with the event of any injury.
- Staff mobile phones are to be taken to all sporting events for emergency circumstances. Should parents need to contact staff at a sporting event, they can be reached through contacting the school office.

Pupils should be aware that they are representing the school and should adhere to the following:

- Comply with normal school rules.
- Cooperate fully with other staff/children involved.
- Fulfil any tasks or duties set prior to and during the event.
- Demonstrate high levels of sportsmanship.

- Not leave the group without permission.
- Avoid behaviour that might inconvenience others.
- Respect all requirements made by staff and other adults.
- Abide by the rules of the activity they are playing.

### **TRUSTed Sports Partnership**

We have developed a strong relationship with TRUSTed Sports Partnership. Using Sports Premium funding, we access a range of sporting activities and inclusive opportunities organised by the partnership. The facilitation of interschool sports allows our pupils to put their practised skills into a competitive situation. We also receive access to specialist dance and gymnastics sessions taught by a qualified teacher, which are offered to classes throughout the year. Staff also engage in CPD opportunities throughout the year in order to upskill areas that they are less confident in.

### **Cross Curricular links**

Many aspects of PE can be linked to other areas of the curriculum. Teachers should strive to identify and develop these links throughout the PE curriculum in order to enhance and deepen experiences.

## **Healthy lifestyles:**

We at Cleobury Mortimer Primary School believe that schools have an essential part to play in supporting children to make healthy lifestyle choices. It is a priority to educate children in making healthy eating choices and to participate in regular exercise, as well as raising an appropriate awareness of 'wellbeing'. When successful in educating children about making healthier choices, this in turn can reduce childhood and adulthood obesity, as well as reducing the chances of Type 2 diabetes and heart disease. It can also support children in developing confidence and resilience with regards to wellbeing.

Correct nutrition is essential for good health and effective learning. The benefits of healthy eating and lifestyle choices include:

- Supports children to grow, develop and progress in school.
- Prevents a range of childhood and adulthood health problems such as obesity, eating disorders, oral hygiene problems and anxiety.
- It may help to prevent adulthood health problems such as heart disease and cancer.
- Sitting down for a meal improves children's language, social and communication skills.

Consequences of unhealthy lifestyle choices include:

- Poor focus, concentration, and behaviour.
- Poor eating habits and inactivity are the cause of obesity.
- Obesity can incur other health problems such as heart disease, anxiety, depression, and high blood pressure.
- Being bullied as a result of being overweight.

### **Our aims:**

- We aim to provide a whole school approach to healthy lifestyles and nutrition.
- Encourage children to develop self-awareness when making lifestyle choices.
- To promote health in a variety of ways including, physical and mental health.
- To support children to be healthy by adhering to 'water' only when drinking in the classrooms.
- To support children to be healthy and promoting balance by encouraging them to snack healthily in the week and then enjoy an alternative snack on a Friday.
- To offer the opportunity to explore a diverse and enriched curriculum that explores links between all aspects of health.
- To offer after school sports clubs to pupils.
- To develop sports and health links with the wider community.

