



# **Dorney School**

## **PE and Physical Activity Policy**

*Respect Collaborate Grow*

Statutory	No
Review Date	Three years
Reviewed By	Governors

Chair of Governors: Mr Stephen Baker

Head teacher: Mrs S Lee

## **Introduction**

At Dorney School we recognise the importance PE plays in the curriculum and are committed to providing all children with opportunities to engage fully in Physical Education (PE). PE should provide opportunities for all pupils to become physically literate and confident in a way which also supports their health and fitness. Children should acquire not only physical skills, knowledge and understanding, but also the awareness and importance of leading healthy, active lives, as well as the values of sportsmanship, fairness and respect through the sports and activities they undertake.

## **PE INTENT, IMPLEMENTATION AND IMPACT**

### **INTENT**

At Dorney School, Physical Education (PE) is an integral part of our Curriculum that is inclusive and engages all pupils, in a supportive and challenging environment. We aspire for children to acquire, develop and refine their practical skills and techniques; to further their knowledge and understanding of PE concepts and principles and develop their overall competence, to enjoy, and excel in, a broad range of sports and physical activities.

We aim to deliver high-quality teaching and learning opportunities which enable all children to succeed; to enjoy their learning; to be resilient and consistently strive to give their best efforts at all times and achieve their potential and personal best.

Children participate in competitive sport and through this we teach children how to cooperate and collaborate effectively as part of a team and compete appropriately against others, adhering to the principles of fairness, sportsmanship and respect, values we hope to embed for future life.

We understand the importance PE, School Sport and Physical Activity has on children's general health, fitness and mental wellbeing. We provide opportunities for all children to be

physically active for sustained periods of time and we teach children the importance of leading healthy, active lives and making informed and appropriate lifestyle choices.

Swimming is an important life skill and we aspire for all children to leave primary school being able to swim at least 25 metres.

## **IMPLEMENTATION**

At Dorney School, we follow the Real PE scheme of work. This includes focus on fundamental core skills, which children can then apply to games. Children participate in 2 one-hour PE lessons per week. One of these sessions follows the Real PE scheme of learning, and the second lesson either follows Real Gym, or Real Dance. In Key Stage 2, children are offered swimming lessons as part of the curriculum.

Dorney School follows the Curriculum Maps set out in Real PE. These ensure that the requirements of the National Curriculum are fully met, and there is a progression of skills across the different year groups. The emphasis of our PE curriculum is inclusion for all children regardless of sporting ability. We provide suitable learning opportunities for all children, including those with SEND.

Children are assessed using the FUNS skills assessments and the cog assessment. This allows for children to be assessed against not only their fundamental skills in PE, but also their Personal, Social, Cognitive, Creative, Physical and Health and Fitness skills.

We promote participation and competition through P.E. and Sport. We ensure all children experience competition and some level, individually or in a team, within lessons. Real PE uses Personal Bests, to allow children to experience healthy competition with themselves. Children in KS1 and KS2 also have opportunities to participate in local Buckinghamshire School Sports Partnership events. We also hold an annual inclusive House Sports Day in the Summer Term, with an emphasis on participation and achievement for all.

All children in KS1 and KS2 have the opportunity to participate in extra-curricular sports activities throughout the year. Our Year 6 residential offers children the opportunity to take part in a range of outdoor activities.

At Dorney School, we encourage children to be active throughout the school day. We use Active Minutes to promote health, fitness, mental wellbeing, and personal challenge. These activities range from virtual sessions, to active minutes in the outdoor environment such as the Daily Walk. As a Forest School, all pupils spend a significant amount of time outdoors in a range of activities that supports play, exploration and risk taking. It develops confidence and self-esteem through learner inspired, hands-on experiences in a natural setting.

## **IMPACT**

At Dorney School, we ensure that our PE curriculum is inclusive, progressive and allows all children the opportunity to acquire and develop fundamental knowledge, understanding, skills and techniques and apply these to a wide variety of different sports and activities. PE lessons are fun, enjoyable and challenging and all children can achieve, to the best of their ability, in a supportive, safe and stimulating environment. Our pupils are physically active, and this has a positive impact on their learning in the classroom. Children understand how to lead a healthy lifestyle and understand the importance of regular exercise and activity for their physical and mental wellbeing. We aspire for all children to enjoy PE and develop a love of sport and

physical activity, which hopefully becomes part of their future life outside of Primary School. Children have opportunities to participate in sport after school, and are also encouraged to represent the school at sporting events from local to county level. In PE, we also measure impact by:

- Regular learning walks
- Pupil questionnaires once per year
- PE Premium spend analysis
- Analysis of participation at after school clubs and BSSP competitions
- Assessment data

### **Aims:**

**The consistent delivery of high-quality PE lessons which are exciting, challenging and enjoyable and provide many varied learning opportunities**

- Develop knowledge, skills and understanding across a broad range of sporting activities.
- Engage in moderate to intense physical activity over sustained periods of time.
- Participate in competitive sports and activities.
- Lead healthy and active lives, picking up positive habits for their future lives.
- To compete in games and activities in a collaborative team.
- To promote safe practice in all sports and activities.
- To use sport to build pupils self-confidence and self-esteem.
- To encourage involvement in extra-curricular sporting activities and develop community and club links
- Increase participation in competitive sports both in and out of school
- To develop Staff competence and confidence in the delivery of high-quality PE lessons

### **Responsibility for PE at Dorney School**

The PE subject leader has overall responsibility for everything related to PE. They regularly consult with the Headteacher who is accountable for curriculum provision. Staff who teach or support PE are aware of this policy, and consider how they can implement it. Staff who provide PE and physical activity should ensure that safe and effective procedures are adopted in all physical activities at all times.

### **External Providers**

To increase opportunities and inspire children to be active, we source external providers to deliver activities which would not normally be covered in curriculum time. Some activities delivered so far have been yoga, cricket, multisport, dance, ballet and football. All visitors are expected to work within the framework of this policy.

All visitors/coaches who attend Dorney School are expected to have an up to date DBS and provide this along with photographic I.D (passport/driving licence) on arrival for their session. Documentation is checked by Admin and a letter of assurance is kept on school records that

trainers and coaches understand their role in safeguarding and that they have been fully trained, or qualified, to organise relevant activities on site.

This policy should be made available to visitors if reasonably practicable.

### **Health and Safety**

We recognise that participation in PE and Physical Activities contains an element of risk. Staff are responsible for ensuring that they are familiar with Risk Assessments and safe practice to reduce the element of risk to the absolute minimum within their control.

- Staff are aware of pupils who have SEN with regards to physical activity and make special provision for needs where appropriate e.g. physical disability, asthma
- Staff know about the safe practices involved in moving and using apparatus
- Pupils wear appropriate clothing, remove jewellery and tie back long hair. If the removal of jewellery or studs is not possible they should be securely taped and the teacher is confident this strategy is effective. Dorney School requires all pupils to wear the correct PE kit comprising of shorts/skort/jog bottoms, a t-shirt, black pumps or trainers for all children and does not discriminate based on gender, race, disability, sexual orientation or belief.
- Pupils may be asked to remove shoes when participating in indoor activities such as gymnastics.
- Correct use of equipment is taught along with any potential hazards, including completing a risk assessment for each area/ space that PE and school sport takes place in
- Equipment and apparatus are stored safely at the end of each lesson.
- Pupils are taught to consider their own safety and that of others at all times.
- School shoes may not be permitted to be worn for PE for safety reasons.

Staff teaching or attending PE should wear appropriate clothing and should also consider their own and their pupils' safety when involved in the teaching of any sporting activity. We undertake an annual Risk Assessment of the school premises and areas where PE is taught including PE equipment as necessary. Risk Assessments are in place for all sport trips. All school sporting trips and visits are submitted for approval prior to a visit taking place.

### **PE and School Sports Premium Funding**

The PE and School Sports Premium funding is used in a number of different ways to support and develop PE and School Sport at Dorney School. A breakdown of the funding allocation (which is subject to change) can be viewed on the School website.

<b>Curriculum</b>
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### **PE**

All children are taught by our teachers and qualified staff at Dorney School. Children from Years 1 to Year 6 have 2 one-hour lessons of PE a week. Reception has a 20-30 minute session each week, although Reception pupils are encouraged to remain active throughout

the school day. Children also are encouraged to take part in Active Minutes throughout the day, participate in outdoor learning, and at Forest School.

The PE Curriculum at Dorney School covers the National Curriculum Programme of Study in PE, as stipulated in the PE National Curriculum 2014 document. The school follows the Real PE scheme of work, which ensures year on year progression in skills, knowledge and understanding. Pupils develop physical skills, knowledge and understanding, as well as learning about fitness, co-operation, sportsmanship and fair play. Pupils are assessed through the assessment tools on Real PE to ensure progress is made.

### **Activities taught at Dorney**

- Dance
- Gymnastics
- Fundamental Movement Skills
- Games (Softball, Bench Ball, Cricket, Basketball, Lacrosse, Table Tennis, Bench Ball, Hockey, Rounders)
- Outdoor and Adventurous Activities – at Forest School and also covered during the Woodrow residential trip (the school site has been mapped for Orienteering)
- Athletics
- Health Related Fitness

### **Assessment & Recording**

Assessment is carried out by the class teacher. Children are assessed using the criteria set out in the Real PE assessment documents. Children will either be below, on track or above age related expectations. Swimming will be assessed by the swimming instructors at Montem Leisure Centre.

### **Participation in PE**

We aim for full participation in every PE lesson and aim to do this by:

- A wide range of imaginative resources and teaching strategies are used to actively engage pupils in participating in lessons.
- Our curriculum takes into consideration the range of pupils' needs to ensure continuity and progression in learning is provided and PE lessons will be suitably differentiated in order to support and challenge pupils.
- Staff ensure that pupils of all abilities, gender, and backgrounds are able to access the PE curriculum by providing alternative or different resources to develop new skills and ensure a positive relationship with physical activity from an early age.
- Pupils who are unable to participate in a PE lesson are offered opportunities to adopt other roles in the lesson, such as observing, giving feedback, evaluating, coaching, umpiring and refereeing. If a child is not able to participate in PE due to any short or long term injury or medical/health reason, parents should communicate this in writing to the class teacher.

## **Facilities available for physical activity**

On-site facilities include (*school to include*) eg:

- School Hall – climbing frames, gymnastics mats, balance benches, boxes
- Playgrounds - to be used during the day for play times, lunch times and PE, both in and out of school hours
- Trim Trail on the school field is used for break/lunchtime activities and curriculum activities
- The school field is to be used where possible for play times, lunch times and PE
- The extensive grounds and nature areas are used for a range of physical activities including Forest School
- Slough Leisure Centre for all swimming lessons

## **Clothing to be worn during physical activity (before, during and after school)**

We ask that all pupils wear PE kits to school on the days where their class has PE lessons. Dorney School PE kit that includes:

- Yellow t-shirt (long sleeve tops are permitted to be worn underneath and encouraged during winter months)
- Green shorts/skort
- Dark joggers during winter months
- Trainers or black PE pumps
- Dark jumper during the winter months
- School shoes may not be permitted to be worn during PE lessons.

Dorney School jumpers can be worn on top of the t-shirt during autumn/winter months, however we encourage children to wear a dark coloured jumper on top of their PE kit.

We will always endeavour to provide spare PE kits for pupils who cannot purchase their own school PE kit. We will also allow children with additional needs to wear alternatives to the school PE kit if this allows them to participate in the school's PE lessons. No pupil is excluded from PE if they do not have the required kit – alternative arrangements will always be organised or agreed,

## **Physical activity outside of the curriculum**

In addition to PE, there are a range of opportunities for physical activity throughout the school day.

### **Daily Walk**

All pupils walk several laps around a designated path around school for a minimum of 10 minutes each day supervised by class-based staff. They are encouraged to speed walk to increase their stamina.

### **School run clubs**

Teachers and staff run a range of active clubs at school during lunch and after school such as skipping club, basketball club, and gardening club.

### **Extra-curricular activities and clubs**

A range of After School Sports Clubs are available to pupils. These clubs complement the curriculum and support the interests of pupils. Pupils have also begun to regularly take part in a range of inter-school sports competitions/festivals, through the Schools membership of Buckinghamshire School Sports Partnership.

### **Active playtimes**

School staff ensure that children remain active during playtimes. They promote different types of physical activity and also provide relevant equipment to engage pupils. Children are encouraged to use the trim trail and pirate ship in the playground too. Sport leaders organise games and activities. There are at least two dedicated football pitches during playtimes. One is a girls' only football pitch to encourage more girls to enjoy the sport in a safe environment.

### **Sports Day**

The PE subject leader oversees an annual Sports Day at the end of the summer term. Children take part in a range of field events, including multi-sport activities for children in KS1. There are also class novelty races. Parents and carers are actively encouraged to attend and support their children. We ensure that participation and success for all children is a key part of the day.

### **Involving parents and carers**

We recognise the important part parents and carers play in encouraging children to participate in physical activity. Information about PE, physical activities and sporting competitions organised by the school and opportunities after school, are shared with parents/carers by means of specific PE letters from the PE Lead and through the School newsletter. Information about all areas relating to PE can also be found on the school website.

The school also actively celebrates pupil participation in sports and other activities outside of school during assemblies and include pupils' achievements in school newsletters.

### **Monitoring and evaluation of physical activity**

The PE subject leader is responsible for the overall monitoring of the quality of PE and Physical Activity provision.

We monitor PE through reviews and self-evaluation in order to provide an accurate perspective on how it is being delivered and how it can be further improved.

Physical Education is monitored and evaluated through:

- Learning walks
- Monitoring of equipment
- Pupils Assessment data
- Feedback from staff

- Pupil and parent questionnaires
- Pupil records of participation, focusing on different groups
- Feedback from pupils/school council about PE and general physical activity
- Pupil attendance and achievements in sporting competitions
- Attendance at after school sports clubs

### **Equal opportunities and inclusion**

We comply with the Equality Act 2010 and are proactive in ensuring that all pupils, including those with SEN or disabilities are provided with a comprehensive programme of physical education. For pupils with disabilities or health conditions we will endeavour to adapt activities to suit their specific individual needs, where possible. Where appropriate, this may mean providing specialised equipment, differentiating activities, offering a parallel or separate activity with a Support Assistant or 1 to 1 staff member, or setting a challenge appropriate to their skill level.

### **SEND**

A high-quality PE curriculum enables **all** pupils to enjoy and succeed in many kinds of physical activity.

In order to provide equal opportunities for pupils with SEN and/or disabilities and for those children to gain full access to the Primary PE Curriculum, in PE we will:

- set suitable learning challenges
- respond to pupils' diverse learning needs, and
- overcome potential barriers to learning and assessment for particular individuals and groups of pupils.
- modify the curriculum to remove barriers, so all pupils meet the same objectives.

In some activities, pupils with SEN and/or disabilities will be able to take part in the same way as their peers. In others, some modifications or adjustments will need to be made to include everyone.

To overcome potential barriers to learning in physical education, some pupils may require:

- adapted, modified or alternative activities that offer an equivalent degree of challenge to the activities in the programmes of study and that enable the pupils to make progress
- specific support they need to take part in certain activities or types of movement, and
- careful management of their physical regime to allow for their specific medical conditions.

Assessment will take into account a range of factors in the context of the activity undertaken.

### **HEALTH/MENTAL WELLBEING**

The aim of teaching children about physical health and mental wellbeing is to give them the information that they need to make good decisions about their own health and wellbeing. Physical health and mental wellbeing are interlinked, and we teach pupils to understand that good physical health contributes to good mental wellbeing, and vice versa.

At Dorney, in PE lessons, we teach the characteristics of good physical health and mental wellbeing. Pupils are taught about the benefits and importance of physical activity, exercise, diet and nutrition and how this can impact on their overall health and wellbeing. Children learn about the changes that can occur to their bodies, as a result of physical activity, and how being active can impact positively on their mental wellbeing.

### **EAL**

Children who have English as an additional language, are expected to take part in PE. Due to the nature of PE, where access cannot be gained through understanding of the spoken word, children will be encouraged to observe or copy and repeat either their peers or the class teacher. Pictures of skills, actions and techniques will also be used to provide as visual stimulus for EAL children, in order that they gain an insight as to what is required in the lesson. The class teacher may also use other strategies to allow EAL children to access lessons content.

### **Training and support for staff**

We ensure relevant staff access high quality professional development on PE and physical activity to keep them updated on key related issues and ensure they are confident to teach the full breadth of the curriculum. We participate in training, CPD and educational initiatives/projects run by the LA and other organisations.

### **Dissemination of the policy**

The policy is available to parents and carers and pupils via the school website.

Copies of the full policy are available on request.