

Purleigh Primary School



Physical Education (PE)

“Achievement for all within a community that cares”

Date adopted: Autumn 2023

Date of review: Autumn 2026

Introduction

Physical Education (PE) and physical activity play an important role in developing children as a whole. All children are entitled to benefit from high quality PE provision and there is significant evidence to show that this supports other learning across the curriculum.

PE and physical activity also contribute to healthy, active lifestyles, improve emotional wellbeing, improve behaviour, increase attendance and help develop key skills such as leadership, confidence and social and team-building skills.

The Obesity Strategy – A Plan for Action (DfE August 2016)

“Every primary school child should get at least 60 minutes of moderate to vigorous physical activity a day. At least 30 minutes should be delivered in school every day through active break times, PE, extra-curricular clubs, active lessons, or other sport and physical activity events, with the remaining 30 minutes supported by parents and carers outside of school time”.

Regular participation in sport and physical activity can help to reduce the risk of heart failure; improve physical fitness; help with weight management; promote good health; instill self-discipline; develop skills; improve self-confidence; reduce stress and develop lifelong learning skills.

Intent

Purleigh Primary School recognises the value of PE. We fully adhere to the aims of the national curriculum for physical education to ensure that all children:

- Develop competence to excel in a broad range of physical activities
- Are physically active for sustained periods of time
- Engage in competitive sports and activities
- Lead healthy, active lives

Our aim is to improve and increase the quality and quantity of PE & physical activity for all children, to show how PE & physical activity can enhance children's attainment and achievement and to create pathways for them to continue to be active beyond school. We recognise the broad range of skills that contribute to all facets of physical activity and endeavour to provide opportunities for all children to experience a variety of games and activities that cater to these diverse skill-sets.

Implementation

PE is taught at Purleigh Primary School as an area of learning in its own right as well as integrated, where possible, with other curriculum areas. We teach PE lessons so that children:

- Have fun and experience success in sport
- Have the opportunity to participate in PE at their own level of development
- Secure and build on a range of skills
- Develop good sporting attitudes
- Understand basic rules
- Experience positive competition
- Learn in a safe environment
- Have a foundation for lifelong physical activity, leaving primary school as a physically active individual.

We aim to ensure that the profile of PE, sport & physical activity is high through-out the school and children are eager to engage with active sessions across the curriculum. We are striving towards improving delivery of the teaching & learning of PE in order to promote participation, progress and performance. With this high quality PE and school sport provision, we aim to continue to embed

young people with the skills, understanding, desire and commitment to continue to improve and achieve in a range of PE, sport and health-enhancing physical activities.

In addition, we provide a range of extra-curricular sports and skills clubs, engage in many inter-school sporting competitions and events and we are developing and sustaining links to outside agencies and clubs which will help to generate positive interaction in the community.

Impact

PE is taught as a basis for lifelong learning, where the children have access to a wide range of activities in the belief that, if taught well and the children are allowed to succeed, then they will continue to have a physically active life. A high-quality PE curriculum inspires all children to succeed and excel in competitive sport and other physically-demanding activities. At Purleigh, we provide opportunities for children 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.

Our school recognises the impact that the provision of a high quality PE and school sport curriculum has on the whole school and that it can lead to whole school improvements. Developing pupil's personal qualities through PE can affect their attitudes towards school and learning. When PE and school sport provision is of the highest quality, all pupils will, to the best of their abilities, develop and demonstrate the following personal qualities:

- A strong desire to learn & make progress;
- High levels of dedication, attendance and involvement in PE and school sport;
- High levels of commitment to PE and school sport;
- Good levels of positive behaviour such as politeness, fair play and helpfulness;
- High levels of enjoyment and enthusiasm and a strong desire to get involved.

Curriculum and Planning

Our PE curriculum aims to ensure that all children develop the fundamental skills and competence to excel in a wide range of physical activities by providing a broad & balanced curriculum with opportunities for all to be enjoyed.

The school's PE scheme of work has been informed and supported by implementation of the iMoves learning platform. Their resources feed into the whole school PE planning which ensures all areas of activity outlined as statutory in the PE National Curriculum are covered and children are provided with efficient progression in skills, a broad variety of activities and an enjoyable, engaging curriculum. Teaching Staff are able to access these resources in either physical or digital formats and can adapt them as necessary.

Under the 2014 PE Curriculum, PE is a statutory subject to be taught, although there is no statutory requirement for time spent engaging in PE lessons. Purleigh Primary School does however acknowledge the DfPE recommendation of 2 hours per week. Therefore, two one-hour (including changing time) PE lessons are timetabled per week. This may include swimming, gymnastics, dance or games activities incorporating areas of athletics, outdoor/adventurous and team sports.

Lessons are taught by the class teacher or alongside a PE Specialist or coach. Swimming lessons are always taught by a specialist swimming teacher. Our PE curriculum is inclusive and ensures that children of all abilities can access the range of activities we offer. We ensure children are physically active for sustained periods of time in order to encourage them to lead healthy and active lives.

Throughout the school year, a variety of opportunities for children to take on leadership roles in which they can build character and embed values such as fairness and respect will be available. We believe a high quality PE curriculum should be an integral part of the whole school curriculum and one that staff, children and parents understand and can contribute to. Therefore, our termly curriculum provisions are available on our school website for parents and children to access.

Participation and Expectations

Lesson Format

Teaching styles and strategies provide opportunities for children to participate in a range of activities and evaluate their own performance. Careful planning ensures time is spent in organising and resourcing lessons and activities. Children experience a range of opportunities to work individually, in pairs or in groups over time. The primary focus for lessons is to maintain activity for as much of the session as possible. Therefore, 'down-time', where instructions are given, is kept to a minimum and coaching is provided individually or in groups' mid-task.

An Example Lesson Structure:

- At the beginning of the lesson, the children are immediately given an active task whilst the teacher explains the intention of the lesson and informs pupils as to how the children can be successful in achieving the lesson's aims.
- Lessons then continue with a more vigorous warm up to prepare children physically for exercise.
- There is direct teaching of skills and subsequent skills practice by the children, under the supervision of the teacher.
- Children are then provided opportunities to independently and co-operatively practice the skill(s), in context (such as a game or another related area of PE).
- There may then be a celebration and sharing of individual achievements and a concluding / 'cool down' activity' to prepare children to return to a normal-state both physically and mentally.
- Finally, lessons end with a closure discussion linking directly back to the intention and success criteria shared at the beginning. This is an opportunity for children to reflect on their learning and progress.

PE Kit and Jewellery

Purleigh PE kit:

- Indoor – Purple Purleigh t-shirt, black shorts and plimsoles, trainers or bare feet.
- Outdoor – Purple Purleigh t-shirt, a sweatshirt (if cold weather), black shorts or tracksuit bottoms (if cold weather) and trainers.

Other than for religious reasons, no jewellery of any description is to be worn during PE lessons. This includes watches and Fit-Bits. Earrings must be removed and cannot be taped over. All plastic or metal hair fastenings must be taken out.

Long hair (girls and boys) is to be put into a ponytail.

On days when pupils are participating in PE they come into school wearing their PE kits. Children who forget their PE kit will be provided with spare kit.

Non-Participating Children

Our aim is to engage all children in regular physical activity as recommended by the DfE. Therefore, all children are expected to take part in their timetabled two hours of physical activity every week unless they are deemed medically unfit or injured. In such cases, a signed letter should be provided by either doctor or parent. These children will be provided with a related, non-active task such as completing an observer work sheet, capturing class progress on an iPad, officiating or coaching.

Leadership

Year 6 children are responsible for the setting up and smooth running of the school's annual sports day: Purleigh Olympics.

Active lessons

Our school is developing its commitment to increasing physical activity and embedding it within the whole school ethos. We are exploring methods to increase active engagement in non-PE lessons by encouraging an ethos of exploratory learning and incorporating active mini-games before and during longer periods of inactivity.

Daily Mile

All children participate in the Daily Mile every day when they do not have a timetabled PE lesson. The aim of this is to promote health, fitness, mental wellbeing, personal challenge and resilience. This embeds the importance of movement in our pupils, and fosters and sense of togetherness and cooperation among them.

Competition

A high quality physical education curriculum can inspire all children to succeed and excel in competitive sport and other physically demanding activities. We have an ever increasing programme of Level 1 (Intra) and Level 2 (Inter) school competitions which provides opportunities for children to participate in competitive sports and activities both in and beyond the curriculum at the appropriate level. Children also have the opportunity to progress through all 4 Levels of competition (Regional and National).

We are committed to providing opportunities for all children to engage in Level 2 competition and our relationship with the Chelmsford Sport Partnership and Eveleigh Link allows a vast number of children to participate in competitions across a broad variety of sports, including football, dodgeball, cricket and athletics.

Gifted and Talented Provisions

Class teachers are asked to consider carefully any child in their class showing consistently good all-round sporting talent. Our relationship with the Chelmsford Sports Partnership and other club links allow us to be able to connect these children with coaches and development schemes, in addition to extra-curricular clubs held at school.

Provision for Least Active Students

The breadth of extra-curricular sports clubs on offer at the school ensures that there are activities for those children deemed least active to become involved with. Class teachers will actively encourage these children to join such activities and our relationship with the Chelmsford Sports Partnership allows us to attend events specifically aimed towards these children.

Sports Mark Award

Annually we apply for the School Games Sports Mark Award which is awarded for improvements in all aspects of sporting participation. The school is currently awarded a gold standard which means we are achieving exceptionally high sporting standards with many children taking part in sport, and as a whole school taking part in many sporting activities.

Active Club Links

Each year we focus on sustaining and acquiring links with external clubs and societies to allow us to provide sporting pathways for children to continue an active lifestyle and Struve to attain excellence. Our relationship with the Chelmsford Sports Partnership gives us access to a great many additional club and coaching links on an annual basis.

Parental Links

We are in regular contact with parents regarding PE and sport in order to keep them updated and informed. We do this in the following ways:

- Letters
- Twitter
- Website
- Newsletters
- Noticeboards

Resources

Our school sporting facilities include a sports hall, two fields, a playground and a swimming pool. We have a range of gymnastic equipment including wall bars, ropes and a variety of horse anbenches. Also within the school is a trim trail and climbing equipment. We have a variety of playtime equipment including stilts, hoops, balls and skipping ropes in addition to a vast array of balls, bean bags, bibs and other equipment that help us teach good quality lessons and activity sessions. Resources are consistently checked to ensure they are of a high standard, with replacements purchased as required.

Training and Safeguarding

We aim to continue to increase confidence, knowledge and skills of all staff in teaching PE and sport. Our relationship with the Chelmsford Sports Partnership provides a huge array of CPD for all staff throughout the year. Staff are also fully trained in all aspects of safeguarding and child welfare and understand how to identify and report any concerns they may have.

Health and Safety

Our PE equipment is regularly maintained and is inspected annually. All teaching staff check their PE equipment is safe and appropriate to use for each lesson. Staff have had Training in Safe Practice and work alongside the PE Specialist to identify Risks & Hazards. They also have access to the Safe Practice manual supplied by AfPE if they are unsure about any aspect of PE or Sport safety. Any condemned or dangerous equipment is reported and disposed of immediately to avoid injury.

Role of the PE Co-Ordinator

The PE Co-ordinator works alongside other PE co-ordinators in the Eveleigh Link Academy Trust and the head teacher to ensure that PE, Sport & Physical Activity within the school is of high quality and that we are improving what we do from year to year.

The PE Co-ordinator role includes:

- Supporting colleagues in all aspects of the curriculum
- Reporting updates to the head teacher & staff
- Monitoring the provision of the PE curriculum across the school
- Ensuring staff are delivering consistently high quality PE lessons through learning walks and observations
- Monitoring the effectiveness of coaches
- Organising Level 2 sporting events
- Keeping the noticeboard up to date
- Completing the application for the Sports Mark
- Ordering new equipment
- Monitoring (with assistance from the headteacher) the PE funding
- Ensuring areas for lessons are safe
- Attending termly meetings with the Chelmsford Sports Partnership
- Organise CPD for all staff
- Ensuring staff are following procedures such as PE Rewards
- Updating the school website
- Ensuring the relevant documents are on the website e.g. development plan and Sports Premium impact statements

Assessment

By implementing a monitoring & reviewing assessment system of PE, we can measure the impact and progress of the quality & provision within our school which will lead to overall whole school

improvement. AfL is carried out every lesson at the start and end of the lesson. This determines knowledge at the start, gives children the information about what they have to do to improve and then evaluates their progress at the end of the lesson.

Peer and self-assessment are used every lesson either through high order questioning techniques, verbal communication with each other or using the iPads. Formal assessment takes place at the end of every term for the activity/s that have been undertaken. Both staff and children are involved in this process.

Extra-Curricular Sport

In our endeavour to increase participation we offer a wide range of extra-curricular opportunities for our pupils. Clubs typically run from 3:15pm – 4:15pm. All clubs have structured training sessions led by confident or specialist staff in that sporting area.

A full timetable detailing the day each sports club runs, along with a calendar of events for competitions and fixtures can be found on the website and on the PE Noticeboard. We also send information out to parents.

Sporting Events

Our school takes part in numerous sporting events both within school time and outside of school time. In order to run and attend these events safely we complete a full risk assessment.

The teacher ratio is compliant with the local authority guidelines and all staff are responsible for the children at the event.

Children will be fully informed with a letter of all details regarding the event and consent from parent /guardian must be obtained prior to the event occurring. Parents are responsible for ensuring that the children come fully prepared by reading the detail in the letter. Staff must ensure things such as medication are taken with them on the coach.

Technology

Our school uses the following technology to enhance, assess or observe PE lessons and sport:

- iPads
- Digital cameras
- Stopwatches

Evaluation

This policy will be updated and approved annually by the Head Teacher, PE Co-ordinator and Governing Body to ensure it is still fit for purpose. Circumstances may require more frequent modifications.