



# **PE, School Sport and Healthy Active Lifestyles at Cholsey**

## **Physical Education, School Sport and Healthy Active Lifestyles**

### **Cholsey PESSLES vision statement**

***“We want all every child at Cholsey Primary School to have access to high quality PE lessons and engaging physical activity opportunities and to develop a lifelong love of sport and physical activity from an early age. We want them to be fit, healthy and to understand the importance of both physical and mental wellbeing.***

### **How will we achieve our vision?**

- Our curriculum includes a range of traditional and non-traditional sporting activities such as: Ballroom and Latin Dance, Invasion Sports, Dance, Gymnastics, Swimming, Striking and Fielding games and Athletics. Where possible dance activities are linked to classroom based learning.
- The children will take part in a minimum of two timetabled PE lessons each week, which develop agility, balance and co-ordination skills, sport specific skills, core values and tactical understanding.
- The children will take part in 30 minutes of structured physical activity per day (on non PE days).
- The children will have access to lunchtime clubs and timetabled physical activities to support their 60 active minutes per day (30:30)
- Staff will embed our five sporting values: Respect, Sportsmanship, Enjoyment, Teamwork and Inclusion in all PE lessons.
- The children will be given many opportunities to represent the school at our partnership tournaments and festivals, many of which lead to School Games final events.

### **Sport Premium Funding**

At the start of the academic year 2013/14 we welcomed the Government’s announcement to provide ring-fenced funding to primary schools. This sport premium funding must be used to fund improvements to the provision of PE and sport, for the benefit of primary-aged pupils, to give them the opportunity to develop a healthy active lifestyle. During the previous four academic years, Cholsey received £8,000 plus £5 for every child in Years 1-6. This funding has now been doubled and we now receive £18,500.00.

To ensure maximum impact on both our children and staff, we use the five key indicators suggested by the Government and Youth Sport Trust to guide our expenditure. These five key indicators are:

- 1) The engagement of all pupils in regular physical activity – Chief Medical Officer guidelines recommend that primary school children undertake at least 30 minutes of physical activity a day in school.
- 2) The profile of PE and sport being raised across the school as a tool for whole school improvement.
- 3) Increased confidence, knowledge and skills of all staff in teaching PE and sport.
- 4) Broader experience of a range of sports and activities offered to all pupils.
- 5) Increased participation in competitive sport.

We meet these key indicators by spending our Sport Premium funding in the following ways:

- A coaching and mentoring program for staff, which is run and overseen by Lauren Addison.
- External coaches work with staff to up skill their delivery and ensure sustainable high quality PE lessons for all.
- Sports Leaders run structured lunchtime physical activity clubs.
- Ensuring that classroom lessons are active.

- Extra-curricular sports clubs.
- Lunchtime clubs run by specialist PE teachers.
- Promoting physical and psychological wellbeing through classroom learning and assemblies.
- A dedicated Healthy, Active Lifestyles week for children to be engaged with new sports and to understand the importance of physical and mental wellbeing.
- Buying in specialist schemes of work with INSET training provided for all staff.

## **Physical Education**

### **Children should:**

- *Wear correct PE kit for lessons (see list above).*
- *Wear trainers should be appropriate for sport (for example not converse style canvas shoes)*
- *Demonstrate sporting values such as: Respect, Sportsmanship and Equality in all PE lessons.*
- *Take water bottles out with them*
- *Children may wear a hat and sun cream in hot weather for their PE lesson – this cannot be applied by a member of staff.*
- *Have long hair tied back*
- *Remove all jewellery including watches before the lesson begins. The only permitted item of jewellery is a medical bracelet. Earrings may be taped until they are able to come out.*

### **Staff should:**

- *Ensure they wear flat footwear for teaching PE. Sports kit is preferable.*
- *Ensure their class receives a minimum of 2 sessions of PE each week.*
- *Follow our chosen curriculum plans for PE (Real Gymnastics, Complete PE, Cholsey planning etc.)*
- *Ensure any students with long hair have it tied back and jewellery is removed.*
- *Document any injuries in the school accident book and report to parents / carers.*
- *Be aware of the risk assessments for Sport and PE and adapt sessions where necessary (this may mean using the hall or changing the activity).*

## **PE Curriculum**

<b>FS X6 per year</b>	<b>KS1 X12 per year</b>	<b>KS2 X12 per year</b>
Multi Skills (Fundamental movement skills ABC) Multi Skills – Jumping) (Fundamental movement skills) Gymnastics – Real Gymnastics Dance Ball Skills - Hands (Throw / Catch) Ball Skills – Feet (Kick) Athletics Games for Understanding – working together	Multi Skills (Fundamental movement skills ABC) Multi Skills – Jumping) (Fundamental movement skills) Multi Skills - Running(Fundamental movement skills) Multi Skills – Dodging (Fundamental movement skills) Gymnastics – Real Gymnastics Dance Ball Skills - Hands (Throw / Catch) Ball Skills – Feet (Kick) Games for Understanding – Attack V Defence Kick Rounders Athletics Orienteering	Netball Football Hockey Basketball Tag Rugby Dance Gymnastics – Real Gymnastics Sportshall Athletics Athletics – Running, Jumping, Throwing Rounders Cricket Tennis OAA – Orienteering OAA – Problem Solving Swimming Fitness – Health Related Exercise to music

## **Guidance for injured participants**

If a child is unable to participate in the lesson, the child should be given an active coaching role.

## Swimming

Each year, KS2 classes will take part in 10 swimming lessons. Lessons are delivered by qualified swimming teachers from Woodcote Swimming Club. Lessons all take place at the Oratory. Our aim is to ensure that all children can swim 25m using a variety of strokes by the end of Year 6. We also provide dedicated lessons for water safety. Children are placed into ability groups based on previous assessment and an assessment at the beginning of their swimming term. Depending on their group, the children will work towards a Swim Star Award or a distance certificate.

Staff are expected to attend swimming lessons however; the PE Lead will be on poolside each session to support and manage behaviour. A Teaching Assistant will accompany the PE Lead on poolside for medication purposes. Where necessary, staff may need to support children in the water 1:1. Risk Assessments are put in place for every class and, where necessary, individual risk assessments are produced.

## Risk Assessments

Staff should ensure that they have read the risk assessments in their PE folders before delivering sessions to reduce the risk of injury. Risk Assessments can be found in the PE folder on the Central Resource and hard copies can be found in the Key Stage PE Folders.

## PE Kit

- PE kit should remain in school all week.
- Children should wear the following PE kit for curriculum lessons, extracurricular sports clubs and at tournaments or festivals.
- Spare kit from lost property is provided for children without kit.

Winter	Summer
White T-shirt Navy / black shorts Trainers for outdoor games – appropriate for sport (converse style canvas shoes are not appropriate).  Plain black or navy joggers and sweatshirt / School Rugby top  <b>Swimming</b> Swimming trunks or swimsuit Cap Towel	White T-shirt Navy blue shorts Trainers for outdoor games – appropriate for sport (converse style canvas shoes are not appropriate).  During hot weather children may wish to have sun cream in their bags to put on before an outdoor PE lesson. Children should apply this themselves. Staff should not apply this for children.  <b>Swimming</b> Swimming trunks or swimsuit Cap Towel

## School Sport

Sports clubs are run by staff and external coaching companies appointed by the PE Lead. Clubs change each half term to ensure that a wide variety of sports and physical activity are available to all children throughout the year. External clubs are charged for, but the school will happily pay for those pupils in receipt of Pupil Premium (organised by the Family Support Worker).

If staff would like to run an extra-curricular club, they should ensure that they inform the PE Lead before the end of the preceding term. The PE Lead can then add the club to the website, school posters and weekly bulletin for parents.

When staff are taking children to an event, they should ensure that they: gain parental permission, email details to parents and carers in advance organise transport and liaise with the office staff regarding licences and complete a risk assessment two weeks prior to the event.