



PE, School Sport and Physical Activity at Cholsey

PESSPA

Cholsey PESSPA vision statement

***‘Intelligence and skill can only function at the peak of their capacity when the body is healthy and strong.’
John F Kennedy.***

Intent

At Cholsey Primary School our vision is to ensure that every child has access to a high quality and inclusive PE curriculum, engaging physical activity opportunities and an opportunity to develop a lifelong love of sport and physical activity from an early age. A high-quality PE curriculum will ensure that the physical, social, cognitive and emotional elements of learning are embedded through structured and progressive sequences of learning. Through the development of physical literacy accessible to pupils of all abilities, our curriculum supports pupils in taking responsibility for engagement in physical activity and builds the foundations of a healthy and active lifestyle.

Implementation

Our broad and balanced PESSPA (PE, School Sport and Physical Activity) curriculum is inclusive and ensures that pupils of all abilities and backgrounds have access to a wide range of physical activities. Every child will receive two timetabled PE lessons per week. We use Complete PE lessons, which is approved by the Youth Sport Trust, to ensure that children are physically active for sustained periods of time and to support the development of the whole child ensuring that cognitive, emotional and social skills are developed throughout the PE curriculum. Developing personal qualities through PE can impact their attitudes towards school and learning enabling our children to excel in a broad range of physical activities and transfer skills into other areas of the curriculum.

To ensure that children are physically active throughout the day, staff provide ‘Active 30’ sessions throughout the day. This takes place in the form of engaging and active lessons across the curriculum supported by our Imoves subscription, and many classes participate in the Daily Mile initiative. Teachers are encouraged to make cross curricular links with units of work such as dance and OAA to support children’s knowledge and understanding in other areas of the curriculum.

At Cholsey, we endeavour to provide a broad range of physical activity workshops to engage as many children as possible in a wide variety of traditional and non-traditional sports. During our whole school Healthy and Active Lifestyles week, children will also have access to wellbeing workshops and healthy lifestyle lessons. This will encourage our children to develop a life-long love of sport and physical activity engaging them in leading healthy and active lives.

We aim to support children of all abilities and backgrounds in accessing a broad range of extra-curricular clubs and competitive events at different levels. We believe it is important for all our children to have the opportunity to represent their school, house or class in a variety of different sports. Our PE Lead supports PE lessons across the school by working with teachers to lead high quality PE lessons to children. Teachers are encouraged to benefit from these mentoring as CPD.

We provide structured opportunities for pupils to take on active leadership roles in which they can build character, organisational and leadership skills through running activities, competitions, and non-competitive workshops. These active leaders support pupils across the school in participating in fun activities for a sustained period of time and developing enjoyment and love for PESSPA.

Impact

Our PESSPA curriculum aims to improve the well-being and fitness of all children, not only through the physical skills, but through underpinning core values and disciplines which PE promotes through physical literacy. Within lessons,

children are taught about self-discipline and that to be successful, you need to take ownership and responsibility of their own health, wellbeing and fitness. Our impact is therefore to motivate children to utilise these skills, in an independent and effective way, in order to live happy and healthy lives.

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 £18,380.00. For the academic years 2020-2021 and 2021-2022 any unspent funding was rolled over into the next academic year due to the COVID-19 pandemic. In 2020-21 we carried over £9,297.00 and for the academic year 2021-22 £6,847.00 was carried over.

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.

Some of the ways that we meet these key indicators are by spending our Sport Premium funding in the following ways:

- A coaching and mentoring CPD program for staff, which is overseen by the PE Lead.
- UKS2 Active Leaders run structured lunchtime activities.
- Ensuring that classroom lessons are active using the Imoves programme.
- Classes are encouraged to participate in the daily mile or Imoves as part of Active 30.
- Buying a sustainable programme of work that includes an assessment tool. The programme develops physical skills and the whole child (communication, teamwork, emotional intelligence and tactical thinking).
- Complete PE CPD videos can all be found on the online platform. Staff can access these at any point for persona development.
- Extra-curricular sports clubs including lunchtime clubs.
- A dedicated Healthy, Active Lifestyles week for children to be engaged with new sports and to understand the importance of physical and mental wellbeing.
- Providing a wide variety of traditional and non-traditional workshops to encourage children to explore a wide range of sports and physical activities. We hope this contributes towards every child developing the strong foundations for living a healthy and active life.
- Supporting pupils to access competitive events.
- Interventions for those less active pupils, or pupils requiring additional wellbeing support.

More information about our previous Sport Premium expenditure can be found on the school website:

<https://cholsey.oxon.sch.uk/sports/>

Physical Education

PE Kit

Children should wear their PE kit to school on PE days or sports club days. PE days will be communicated with parents before the start of each term.

PE Kit
White t-shirt / plain house coloured t-shirt Navy / black shorts Navy /black joggers, tracksuit bottoms or sports leggings. Cholley rugby top / plain black or navy sweatshirt Footwear Trainers appropriate for sport Hockey (KS2 only) Gum shield Shin pads Swimming (KS2 only) Swimming trunks or swimsuit Swimming hat Towel Goggles (optional) <i>For health and safety reasons children are not permitted to wear hooded tops and jumpers for PE lessons.</i>

PE Curriculum

All classes in Years 1-6 must receive two PE lessons per week. As a school, we follow the Complete PE scheme of work and curriculum map. Complete PE provides units of work for the areas in the table below.

FS X6 per year	KS1 X12 per year	KS2 X12 per year
Ball Skills (hands and feet) Locomotion movement skills Gymnastics Dance Athletics Games for Understanding – working together	Ball skills (hands and feet) Locomotion movement skills Gymnastics Dance Games for Understanding – Attack V Defence Kick Rounders Athletics OAA Health and Wellbeing	Netball Football Hockey Basketball Tag Rugby Dance (Ballroom and Latin) Gymnastics Athletics – Running, Jumping, Throwing Rounders Cricket Tennis OAA Swimming Health Related Exercise

Our whole school curriculum map for this academic year can be found on the school website:

<https://cholsey.oxon.sch.uk/sports/>

Why Complete PE?

Complete PE is our chosen scheme of work. We have explored several options out a few over the years and this has been the most popular with staff and children. It is a recommended scheme and is developed with support from Youth Sport Trust and Association for PE. Complete PE offers a clear physical and physical literacy skills progression that can be adapted to individuals and class needs. It offers a balanced approach to delivering PE and aligns with our PESSPA vision. Using Complete PE as our main scheme ensures that we have a clear progression within units across the whole school and can track progress for both physical skills and physical literacy. CPD videos can all be found on the online platform. Staff are able to access these at any point for personal development.

Progression

There are physical skills progression ladders in place for each unit of work to ensure that there is a clear progression across the school. There are also 'Sport and Physical Literacy' progression circles to demonstrate how physical literacy progresses across the whole school. These documents support teacher assessment and help staff to identify how they can provide additional support or challenge for individual pupils. Although Complete PE is a full scheme of work, staff will use the videos and adjust the lesson plans according to their class / individual needs. The progression documents can be viewed on the school website:

Assessment

Staff use the online Complete PE assessment tool to assess their pupils at the end of each unit. Assessment data is collected by the PE Lead. Information about pupil progress in PE will be shared with parents and carers during parent meetings twice a year and also in each child's end of year report.

Guidance for non-participants

No child is a non-participant in PE curriculum lessons. If a child is unable to participate in the lesson, the child will be given an active coaching role. If a child is unable to participate in a PE curriculum lesson the class teacher should be informed by the parent in advance of the lesson.

Swimming

Every year, KS2 classes take part in 5 swimming lessons. Lessons are delivered by qualified by Oxfordshire County Council and BETTER swimming teachers. Lessons all take place at the Berinsfield Leisure Centre. Our aim is to ensure that all children can swim 25m using a variety of strokes by the end of Year 6. Children are also provided with essential lessons for water safety. These skills are reinforced during our Healthy Active Lifestyles week when all pupils are reminded of water safety.

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.

Expectations for PE lessons

Children should:

- Wear correct PE kit for lessons
- 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.
- 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 and progression documents for PE to ensure high quality lessons, appropriate challenge and support, and good progress.
- 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 a different space or changing the activity).

School Sport

Extra-Curricular Clubs

Sports clubs are run by staff and external coaching companies appointed by the PE Lead. Clubs change each term to ensure that a wide variety of sports and physical activity are available to all children throughout the year. We provide a mixture of free and chargeable extra-curricular sports clubs. The school will happily pay for those pupils in receipt of Pupil Premium (organised by the Family Support Worker, Karen Poole). We ask children and parents to participate in surveys each year to identify the most popular clubs to ensure maximum engagement.

Clubs are communicated to parents and carers through our weekly bulletin and sports bulletin, which is sent out at the end of each term. Parents and Carers can also find details of local sports clubs on the school website:

<https://cholsey.oxon.sch.uk/clubs/>

Intra-School Competitions

Each year we compete in a variety of sports tournaments and festivals, which are run by the OPEN and Wallingford Partnerships. This is an opportunity for children to experience competition and to apply their skills in a competitive situation. We offer all children the opportunity to participate these competitive and non-competitive events. School teams are selected from our extra-curricular sports clubs or, in some cases, by the class teachers to praise learning attitudes in class. Tournament and festival age criteria are determined by the partnership hosts and are overseen by the OPEN and WPS PE Lead Teachers to ensure there are events for all year groups.

From 2019, School Games Pathways have been introduced into the OPEN Academy events as well as WPS events. This means that our children have additional opportunities to compete and represent the school at a higher level.

Inter-School Competitions

As well as competing against our partnership schools, we hold a variety of 'House Sports' events. Every year, we hold a House Sports Day, House Rounders and House games events. We also hold class competitions in Ballroom and Latin Dance, which are always a popular event. These events are important for developing our five sporting values across the school as well as giving all children the opportunity to compete competitively against others.

Our Five Sporting Values

Our PESSPA curriculum supports and upholds our five sporting values. During all PESSPA activities our children, staff, parents and carers are encouraged to demonstrate our sports values, which are:

- Respect
- Sportsmanship
- Discipline
- Enjoyment
- Teamwork

Physical Activity

Active 30

According to the Chief Medical Officer, all children should be active for 60 minutes per day. Government advice suggests that 30 of these active minutes per day should be in school. To support our children in achieving their 60 active minutes per day and participating in sustained physical activity, all classes receive additional physical activity sessions in the form of:

- The Daily Mile
- Imoves
- Take 10
- BBC Supermovers
- Cosmic Kids Yoga
- Joe Wicks Fitness
- Skipping Competitions

Alongside these sessions, teachers ensure that classroom-based lessons are as active as possible to keep the children active and engaged with their learning. Our Imoves subscription supports staff in implementing this.

Active Leaders

Our UKS2 children support active playtimes by providing structured playground activities for younger pupils. They all previously took part in the Junior Active Leader programme which teaches pupils how to plan, deliver and risk assess playground games. It also teaches them vital skills such as how to keep participants safe, basic first aid skills and what to do in an emergency. The programme develops confident, independent activity ambassadors and positive role models for our younger pupils. More information about the Junior Active Leader programme can be found here:

<https://www.activeleaders.co.uk/the-programmes-new/>

Once qualified, the UKS2 Junior Active Leaders can apply to become Sports Leaders. Our elected Sports Leaders will then support PESSPA provision across the school by providing playground activities twice a week for younger pupils. This helps to ensure that more pupils are engaged in sustained physical activity and promotes healthy active lifestyles across the school. The Sports Leader activities also supports our buddy system by ensuring that every child has someone to play with during playtimes. Our Sports Leaders also support competitive events by running activities during Sports Day and supporting our OPEN partnership events.

Active Playtimes

As well as our successful Junior Active Leaders, the school has invested in a significant amount of active playground equipment. Equipment was chosen to support sustained physical activity levels, the development of core skills eg. Agility, Balance and Co-ordination, and it was chosen with pupil input to support engagement.