

Thornhill Primary School



PESSPA (Physical Education, School Sport and Physical Activity Policy)

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Introduction to Physical Education, School Sport and Physical Activity

This policy outlines the purpose, nature and management of Physical Education, School Sport and Physical Activity at Thornhill Primary School.

Physical Education is not only essential for healthy growth and development, it is also important to learning. Research shows that physical activity has positive effects on the brain and on school performance.

At Thornhill Primary School, PESSPA (Physical Education, School Sport and Physical Activity) is found at the heart of our school and the implementation of this policy is the responsibility of all teaching staff.

Aims

As a school we have the following aims for PESSPA:

- For our children to enjoy being active
- For all children to be physically literate
- For all children to have the knowledge, skills and motivation to equip them for a healthy lifestyle moving into their teenage years and adulthood
- For all children to have the potential to participate in lifelong physical activity and sport
- For all our children to experience competitive sport

- For our children to develop important life skills through regular sport and outdoor activities
- For our children to take part in high quality, daily PE lessons and physical activity/sport (play times and after school)

National Curriculum

At Thornhill Primary School we teach the National Curriculum and share the following aims for our 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

Through daily PE lessons we understand the important role physical activity has in developing happy and healthy children. Daily, high quality Physical Education improves brain function. It also has an impact on cognitive skills such as concentration and attention; it also enhances classroom attitudes and behaviours, all of which are important components of improved academic performance.

Through regular high-quality PE, we help to nurture our children's health, engagement, motivation and psychological well-being. Daily sport promotes life skills and core values like respect and social responsibility. PESSPA helps to develop the whole child on many different important levels.

At Key Stage 1 the National Curriculum aims to ensure that all pupils:

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- participate in team games, developing simple tactics for attacking and defending
- perform dances using simple movement patterns

At Key Stage 2 the National Curriculum aims to ensure that all pupils:

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- perform dances using a range of movement patterns
- take part in outdoor and adventurous activity challenges both individually and within a team
- compare their performances with previous ones and demonstrate improvement to achieve their personal best

We recognise that swimming is an important life skill and we invest extra money from our sport premium funding to purchase an extra swimming lesson. This allows our children to swim consistently in year 3 and 4. We aim for all our children to:

- swim competently, confidently and proficiently over a distance of at least 25 metres
- use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
- perform safe self-rescue in different water-based situations

Teaching and Learning

At Thornhill Primary School we believe that all children are entitled to a broad physical education curriculum in which their learning needs are identified and met.

Physical Education teaching will be in line with the National Curriculum and Revised Early Years Curriculum in the EYFS and therefore following the guidance we aim to:

- Physical education lessons will involve moderate to high intensity physical activity for as long as possible (with standing and listening time kept to a minimum).
- Teachers will seek to ensure that every child has the opportunity to use and apply their knowledge/skills on a regular basis.
- Teachers will seek to ensure that every child has the opportunity to hear quality physical education language as well as using and applying it on a regular basis.
- Teachers will devise work which includes every child in the class.
- During PE links are made to other subjects taught in school, for example English and Maths.
- Teachers will respond to individual needs by careful targeted questioning/support.

- Pupils with SEND will work from statements at their own level and work will be differentiated and personalised to their learning needs.
- Physical Education is taught daily in KS1 and KS2. Each class receive 30-minute lessons.
- Reception and Nursery class are taught throughout the day through a variety of activities.
- In school we use a range of schemes of work. For example, in tag rugby and gymnastics we have devised our own scheme of work to follow. In other activities, for example netball and cricket we use schemes and plans provided by the national governing body of that sport.
- During PESSPA children will be awarded with “PE Star” for showing any of the school games values and prizes awarded at the end of each term for the children with the most.
- PESSPA will encourage our children to adopt other roles in sport (participating, refereeing, coaching and leading).
- Active playgrounds will be encouraged with designated areas for certain games and activities. Our older children will receive a leadership qualification to further develop their leadership skills to run activities for the younger children.
- Each class receive approximately 40 minutes of playtime during the school day.
- As a school we enter school sport events, festivals and competitions with Go Well and Education Enterprise Legacy. These events target children at each level (compete, participate, develop and engage). Our aim is for every child to represent the school in at least one of these events over the academic year.

- At this time children are required to wear appropriate footwear for sporting activities, no other PE kit is required at this time.

Assessment, Recording and Reporting

To develop learning, pupils will be continually assessed using a variety of strategies

- Formative assessment – observation and questioning during lessons
- Summative assessments – children take part in core task challenges at the start and end of an activity. This allows for progress over time to be witnessed using the bronze, silver and gold assessment method

Information is recorded using the school's tracking system (Arbor) and then used to inform planning and identify children for intervention and support (Tree Tops is an early intervention programme to develop motor skills and sensory issues).

Parent's Evenings are held 3 times per year and parents/carers are updated on their child's progress.

Each child receives an individual report towards the end of the academic year outlining their progress, achievements and areas to further develop.