



## Physical Education School Sport Physical Activity

### (PESSPA)

#### Intent

It is our intent to teach children life skills that will positively impact on their future. We aim to deliver high-quality teaching and learning opportunities that inspire all children to succeed in physical activities and equip them with the understanding of how to live a healthy lifestyle. We want to teach children how to cooperate and collaborate with others, as part of a team, understanding fairness and equity of play to embed life-long values.

#### Impact

#### **Teaching of PE in Early Years:**

Pupils within EYFS undertake daily physical exercise within a specialised external play area, including our recently built playground equipment and our new Forest Schools area. Each morning the children take part in GoNoodle and they also have use of the school hall for structured activities at least twice a week. Cross curricular links enable PE activities to take place during literacy and maths.

#### **Teaching PE in Key Stage 1 and 2:**

All pupils from Year 1 to 6 have at least 2 hours worth of planned physical exercise each week. Children are provided with their full entitlement to Physical Education and teachers ensure that no interventions take place during this time. Cross-curricular links are also generated during Science and PSHE lessons. In addition to this, children are given wider opportunities to build character and embed values through regular teamwork activities, competitive sport and Sports Day.

PE is further supplemented in Key Stage 2 by the use of the Daily Mile – an initiative that we have adopted to encourage pupils to walk, run, skip, hop etc around a track on the school yard, to increase the amount of physical activity they participate in each day during break and lunchtimes. During lessons teachers also use the Daily Mile as an opportunity to re-energise pupils as well as increasing their physical activity.

Pupils from Year 1 to 6 also have the opportunity for physical activity during morning and lunchtime breaks on one of two well-equipped school yards, stocked with resources. Staff and Sports Leaders are on duty to co-ordinate a range of active playground games.

Key Stage 2 children attend a weekly swimming lesson at Woodhouse Close swimming pool.

Year 6 have a biannual residential trip in which they undertake a series of physical and challenging activities, including: assault course; mid-ropes to high wires; climbing wall; tree climb.

During the Summer term Sports Day is held for Nursery, EYFS and KS1/2 covering traditional sporting activities. Children race competitively against other pupils in their year group for house points. The house with the most points wins the House Cup.

In addition to in-house competitions, we attend School Games events held across the county, which offers competition at a higher level.

Through the Education Enterprise Legacy, the school football team compete several times a year against other schools in the local area.

More able children are identified and offered a range of sporting activities across the year as part of our Sports Partnership with Staindrop Academy.

### Impact

The impact of our P.E curriculum is teacher assessed against the progression for skills documents. Teachers record evidence of progress through photographs and videos. Data is then shared with the subject leader and Senior Leadership Team which is analysed in order to monitor the effectiveness of the delivery of P.E. across the school.

Regular verbal feedback is given to children within lessons to praise and motivate children. It also ensures that children are apply the correct technique by reflecting and evaluating on their performance. Children become stewards of their own learning and support peers to continue to improve and excel.

Teachers also use high-quality questioning to develop children's understanding of the impact of physical activity on their own body (this can be linked to their Science topic of work). As part of our whole school improvement plan, teachers focus on developing children's subject specific vocabulary.

CPD is provided for all members of staff through our Sports Partnership with Staindrop Academy. Every half term, each teacher receives one session of training per week under the guidance of a secondary P.E coach. Teachers observe good practice and team teach P.E lessons across a range of units of work.

The impact of swimming at Key Stage 2 is measurable through the percentage of children able to swim over 25m. This is assessment by the swimming instructor and teaching staff who quality assure judgements made. The increased competitive nature at sport competitions and sporting achievements also reflects the impact of our school's delivery of PESSPA.

Our school continually strives towards reaching the Active30 Award through integrating physical activity across other subjects and timetabling the Daily Mile into the school day. The impact of PESSPA can be seen through children's increase in confidence, resilience and concentration during lesson time. The number of children taking part in physically active after school clubs both inside and outside is also a reflection of the effectiveness of our P.E curriculum.

Through the Physical Education Action Plan, Governors' Reports and pupil voice regular reviews are made by the subject leader and Senior Leadership Team to explore the impact of any improvement initiatives.

