

Cambo First School Policy for PE



Introduction

Cambo First School is part of the Active Northumberland/Morpeth/Ponteland MPSSP which aims to deliver a high-quality programme of PE and School Sport for young people in our schools. They are:

- the only provider in Northumberland that has been recognised and endorsed as a corporate member of The Association for Physical Education ([afPE](#)), which is the only PE Subject Association in the UK. They have acknowledged that they support their core beliefs which are to:
 - Recognise high quality providers who support PE & School Sport professionals to achieve the best outcomes for young people
 - Work in partnership with afPE in a variety of activities to achieve the above
 - Promote providers who are Business Associates to the Physical Education, School Sport and Physical Activity sector
- the only provider to work in partnership with [Create Development](#), this progressive company support the ethos that we all need to develop a positive relationship with physical activity for every child. The core CPD offer in 23/24 is centred around "[real PE](#)" which will give confidence to any non-specialist teacher to deliver a meaningful child centred PE programme that will engage and challenge every child in their class.
- a team of experienced qualified PE teachers and Level 2 sports coaches that support delivery in schools who aim to ensure that High Quality PE is at the heart of the curriculum and that it supports the whole school improvement agenda.

At Cambo First School we recognise the importance PE plays in the curriculum and are committed to providing all children with opportunities to engage fully in Physical Education (PE). PE should provide opportunities for all pupils to become physically literate and confident in a way which also supports their health and fitness. Children should acquire not only physical skills, knowledge and understanding, but also the awareness and importance of leading healthy, active lives, as well as the values of sportsmanship, fairness and respect through the sports and activities they undertake.

We ensure that we:

- offer a broad, balanced physical education program which is linked to the National Curriculum Programmes of Study 2014 supported by the Early Learning Goals.

- provide the children in our care with an environment that encourages physical activity.
- teach children the importance of staying active within their everyday life, for life.
- develop competence to excel in a broad range of physical activities
- ensure children are physically active for sustained periods of time
- engage children in competitive sports and activities
- develops a positive relationship with physical activity for every child.

PE INTENT, IMPLEMENTATION AND IMPACT

INTENT

At Cambo First School, Physical Education (PE) is an integral part of our Curriculum that is inclusive and engages all pupils, in a supportive and challenging environment. We aspire for children to acquire, develop and refine their practical skills and techniques; to further their knowledge and understanding of PE concepts and principles and develop their overall competence, to enjoy, and excel in, a broad range of sports and physical activities.

We aim to deliver high-quality teaching and learning opportunities which enable all children to succeed; to enjoy their learning; to be resilient and consistently strive to give their best efforts at all times and achieve their potential and personal best.

Children participate in competitive sport and through this we teach children how to cooperate and collaborate effectively as part of a team and compete appropriately against others, adhering to the principles of fairness, sportsmanship and respect, values we hope to embed for future life. We also encourage children to compete with themselves to develop their own fitness, skill and motivation.

We understand the importance PE, School Sport and Physical Activity has on children's' general health, fitness and mental wellbeing. We provide opportunities for all children to be physically active for sustained periods of time and we teach children the importance of leading healthy, active lives and making informed and appropriate lifestyle choices.

Swimming is an important life skill and we aspire for all children to leave our school being able to swim at least 25 metres. [Level 4/5 swimming] We also signpost children re swimming lessons and swimming club.

IMPLEMENTATION

PE at Cambo First School provides challenging and enjoyable learning through a range of sporting activities including; Invasion Games, Net & Wall Games, Strike and Field Games, Gymnastics, Dance, Outdoor & Adventure Activities and Swimming

Children participate in at least two PE lessons each week, covering two sporting activities every half term. Throughout the year, these lessons are supplemented with a yoga lesson and / or a swimming session. The time allotted for PE exceeds the DFE

directive regarding time allotment for PE across the primary curriculum and illustrates our firm commitment to PE.

The Long-Term PE Curriculum Overview sets out the PE Units/Activities which are to be taught each half term throughout the year and ensures that the requirements of the National Curriculum are fully met.

The PE curriculum is based on the 2014 National Curriculum for each year group. However we have used ideas and strategies from numerous schemes of work e.g. afPE, Create Development, Durham Scheme, Val Sabin Scheme, Tops Scheme, Suffolk Scheme and the Wirral Schemes to assist us in the creation of our own scheme of work for all key stages. The scheme of work is broad, balanced and progressive outlining aims, objectives differentiation, resources needed, assessment opportunities and teaching points for differing abilities and age groups. We offer a curriculum which is banded into a rolling program because of the different year groups in one class stretching and supporting those with SEN/gifted and talented. Specialist teachers use their own planning which follows the same process.

The scheme of work at Cambo First School is not a static entity, and as such it will be edited and changed in the light of new publications and government directives.

The emphasis of our PE curriculum is inclusion for all children regardless of sporting ability. We provide suitable learning opportunities for all children, including those with SEND.

All Children are taught by a qualified PE specialist

All children are taught Dance, for one term, by a Dance specialist

All children attend Swimming lessons for two terms each year at Ponteland Swimming Pool, the children are taught in four groups, grouping depends upon ability. [Quite a few of the children also partake in extra swimming, gymnastics, karate, rugby, football, tennis and dance sessions via their parents.]

As a school we also have strong guardianship links with Wallington. We visit and make use of the nature environment at least three days per year. The focus visit is linked with the NC objectives and can involve nature trails through the forest etc. This incorporates PE objectives. Wallington Tennis Club also allows the school to use its tennis courts thus the children are able to use this facility after school via a school tennis coach.

We promote both participation and competition through P.E and sport. We ensure all children experience competition at some level, individually or in a team, within lessons.

All children in Reception, KS1 and KS2 have the opportunity to participate in the local Morpeth/Ponteland School Sports Partnership Inter School sports competitions/Festivals

Children participate in workshops/whole school events, sourced by School and delivered by Outside Providers, covering a variety of sports throughout the year. For

example Skip2bfit, Archery, hula hooping providing the children with an opportunity to experience new activities, learn new skills, improve their fitness and to try something new.

All children in Reception, KS1 and KS2 have the opportunity to participate in extra-curricular sports activities throughout the year

We offer a Residential OAA experience for children in Year 4 each year. The children go to Robinwood in the Summer term. The experience lasts for 3 days. Because we are a small school other schools, namely Longhorsley First and Whalton Primary accompany us.

We have a community annual inclusive Sports Day after school, with the emphasis on participation, fun and achievement for all

All children participate in whole school active playtimes

IMPACT

At Cambo First School, we ensure that our PE curriculum is inclusive and progressive and allows all children the opportunity to acquire and develop fundamental knowledge, understanding, skills and techniques and apply these to a wide variety of different sports and activities. PE lessons are fun, enjoyable and challenging and all children can achieve, to the best of their ability, in a supportive, safe and stimulating environment. Our children are physically active, and this has a positive impact on their learning in the classroom. Children understand how to lead a healthy lifestyle and understand the importance of regular exercise and activity for their physical and mental wellbeing. We aspire for all children to enjoy PE and develop a love of sport and physical activity, which hopefully becomes part of their future life outside of First School. Children have opportunities to participate in sport after school can also represent the school at sporting events. IN PE, we also measure impact by:

- Staff working alongside specialists
- Pupil questionnaires biennial
- PE Premium spend analysis
- Analysis of participation at after school clubs
- Assessment data
- Photo records of children's practical work

Aims:

The consistent delivery of high quality PE lessons which are exciting, challenging and enjoyable and provide many varied learning opportunities

- Develop knowledge, skills and understanding across a broad range of sporting activities.
- Engage in moderate to intense physical activity over sustained periods of time.
- Participate in competitive sports and activities.
- Lead healthy and active lives, picking up positive habits for their future lives.
- To compete in games and activities in a collaborative team.

- To promote safe practice in all sports and activities.
- To use sport to build pupils self-confidence and self-esteem.
- To encourage involvement in extra-curricular sporting activities and develop community and club links
- Increase participation in competitive sports both in and out of School.
- To develop Staff competence and confidence in the delivery of high quality PE lessons

Joint Co-ordinator Responsibility for PE at Cambo First School

Cambo First School is part of the Morpeth and Ponteland SSCO/Active Northumberland. Coordinators meet termly. We plan PE, CPD, festivals, gala's and assessment together. We share PE specialists across schools.

Mrs Cummings, Mrs Wilson and Mrs Patterson have responsibility for everything relating to PE, Physical Activity and the development, monitoring and review of the provision of PE and Physical Activity. They will work together to oversee all things relating to PE at Cambo First School. Teachers and Teaching Assistants work alongside specialists to gain valuable teaching and learning experience and to ensure that safe and effective procedures are adopted in all physical activities at all times.

Cambo Coordinators work closely with other partnership schools to ensure that we provide an education that encourages and promotes a strong sense of identity and pride of place based on local heritage, culture and landscape of Morpeth and Northumberland. We have high aspirations for the children of the Morpeth Partnership by offering equality of entitlement as we have sequenced our curriculum to build pupil knowledge and skills. We are an outward-looking learning community who strive to ensure all children achieve their potential to become happy, fulfilled individuals and have the appropriate cultural capital to succeed in life.

Morpeth/Ponteland SS Partnership Curriculum Themes

Equality - we develop empathy in individuals and ensure we provide equality of opportunity and freedom from discrimination.

Identity- we develop a pride and sense of social, moral, spiritual and cultural identity in order to shape and define who we are.

Future ready- we prepare our children for an exciting but unknown future with the empathy and resilience they need to succeed.

Excellence - we have high expectations in all we do and seek to enable all children to meet their potential.

Collaboration - we provide our pupils with the opportunities to develop the skills to work in teams.

External Providers – well established

We employ a specialist PE teacher to deliver one lesson of PE per half term. Staff work alongside this teacher to gain valuable teaching and learning CPD. Blocks of learning are identified and delivered e.g. gymnastics, athletics, tennis, net and ball skills

We employ specialist coaches to deliver one lesson per week in blocks across the year

We employ specialist PE coaches to deliver one lesson of PE per half term. Staff work alongside these coaches to gain valuable teaching and learning CPD. Blocks of learning are identified and delivered e.g. cricket, tag rugby, football, basketball,

We also employ a Dance Specialist who works with all children for one term per year

All visitors are expected to work within the framework of this policy.

To increase opportunities and inspire children to be active, we regularly source Outside Providers to deliver activities which would not normally be covered in curriculum time. Some activities delivered so far have been Skip2bfit, Archery, hula hooping, Balance Bikes and cycling proficiency.

All visitors/coaches who attend School are expected to have an up to date CRB/DBS and provide this along with photographic I.D (passport/driving licence) on arrival for their first session. Documentation is checked by the school secretary prior to entry.

This policy will be made available to visitors if reasonably practicable.

Health and Safety

We recognise that participation in PE and Physical Activities contains an element of risk. Staff are responsible for ensuring that they are familiar with Risk Assessments and safe practice to reduce the element of risk to the absolute minimum within their control.

Staff are aware of pupils who have SEN with regards to physical activity and make special provision for needs where appropriate e.g. physical disability, asthma
Staff know about the safe practices involved in moving and using apparatus
Pupils wear appropriate clothing, remove jewellery and tie back long hair. If the removal of jewellery or studs is not possible elastoplasts should be securely taped on the ears.

Our School recommends an indoor and outdoor PE kit:

Summer - comprises of shorts and a t-shirt with plimsolls

Winter – comprises of joggers or leggings/ tee shirt/ jumper/sweat shirt/gloves and trainer shoes.

There is no prescribed colour etc

At Cambo we do not discriminate based on gender, race, disability, sexual orientation or belief.

- Children may be asked to remove shoes when participating in indoor activities such as gymnastics,
- Correct use of equipment is taught along with any potential hazards, including completing a risk assessment for each area/ space that PE and school sport takes place in
- Equipment and apparatus is stored safely at the end of each lesson.
- Children are taught to consider their own safety and that of others at all times. School shoes are not permitted to be worn for PE

Staff teaching or attending PE should wear PE kit and also consider their own and their childrens' safety with regard to their own additional personal clothing, footwear and jewellery when involved in the teaching of any sporting activity.

Risk Assessments are in place for all school sporting trips, along with the requirement to record and submit all intended visits on the Evolve School Visits system. All School sporting trips and visits must have first been submitted to the EVC/ Head Teacher for approval before a visit can go ahead.

PE and School Sports Premium Funding

The PE and School Sports Premium funding is used in a number of different ways to support and develop PE and School Sport at Cambo First School. A breakdown of the funding allocation (which is subject to change) can be viewed on our School website.

Curriculum

Activities taught at Cambo First School

- Dance
- Gymnastics
- Fundamental Movement Skills
- Games (Dodgeball, Tag Rugby, Cricket, Football, Basketball, Tennis, Tennis, Hockey, Rounders)
- Outdoor and Adventurous Activities – also covered during the Robinwood residential trip
- Athletics
- Health Related Fitness

Assessment & Recording

Assessment is carried out by Teachers. Children will be levelled as either Working Towards, Expected or Depth, in accordance with Age Related Expectations, as per

the Assessment Procedures for the curriculum areas covered. Swimming will be assessed by the swimming instructors at Ponteland Leisure Centre.

Participation in PE

We aim for full participation in every PE lesson and aim to do this by:

- A wide range of imaginative resources and teaching strategies are used to actively engage children in participating in lessons.
- Our curriculum takes into consideration the range of children's needs to ensure continuity and progression in learning is provided and PE lessons will be suitably differentiated in order to support and challenge pupils.
- Staff ensure that children of all abilities are able to access the PE curriculum by providing alternative or different resources to develop new skills and ensure a positive relationship with physical activity from an early age.
- Children who are unable to participate in a PE lesson are expected to change into their PE kit in order to purposefully adopt other roles in the lesson, such as observing, giving feedback, video recording, evaluating, coaching, umpiring and refereeing.

Facilities available for physical activity

On-site facilities include (*school to include*) eg :

- School Hall – climbing frames, gymnastics mats, balance benches, box, springboards.
- Playground/school field– to be used during the day for play times, lunch times and PE, both in and out of school hours
- Ponteland Leisure Centre for all swimming lessons

Clothing to be worn during physical activity (before, during and after school)

We ask that all pupils change for PE [denoted on the website/prospectus]

- Summer - comprises of shorts and a t-shirt with plimsolls
- Winter – comprises of joggers or leggings/ tee shirt/ jumper/sweat shirt/gloves and trainer shoes.
- Swimming costume/ towel – goggles and hats are optional. We do have spare goggles in school and spare kit should the need arise.

We will always endeavour to provide spare kit for children who forget their own PE kit, to ensure that children do not miss PE lessons.

Physical activity outside of the curriculum

In addition to PE, there are a range of opportunities for physical activity throughout the school day.

[Extra-curricular activities \[lunch/after school](#)

A range of After School Sports Clubs are available to children which are provided free of charge. These activities complement the curriculum and support the interests of the children. Since September 2017, children have also begun to regularly take part in a range of inter-school sports competitions/festivals, through the Schools membership of The Morpeth/Ponteland SSCO.

The children also lead several PE activities linked to their own personal development / interest e.g. football, breakdancing and tag rugby [[adult supervision alongside]

[Active playtimes](#)

We are very fortunate to have excellent facilities for active play. We have:

The year 4 wood where children build dens, climb trees etc

Climbing frames for Class 1, Class 2,

A trim trail for all to use

Blue balance bars for all to use

Vehicles for the yard

The yard has painted activities for children to complete

Small apparatus is available including hoops, balls, skipping ropes, tennis sets etc.

Table tennis table /basketball nets

This promotes different types of physical activity to engage pupils. School staff/The School Sports Crew also offer different activities at breaktimes / lunchtimes, such as Football, multi skills, games and skipping.

[Sports Day](#)

We organise an annual multi-sport Sports Day event at the end of the summer term. It is always held after school and finishes with a community barbeque. The community are actively involved to attend and support their children. We have a wide range of sporting activities on the day to encourage participation and success for all children.

[Involving parents and carers](#)

We recognise the important part parents and carers play in encouraging children to participate in physical activity. Information about PE, physical activities and sporting competitions/festivals organised by the school and opportunities after school, are shared with parents/Carers via emails/newsletters and through interactions with staff. Information about all areas relating to PE can also be found on the School website.

[Monitoring and evaluation of physical activity](#)

The PE Leads are responsible for the overall monitoring of the quality of PE and Physical Activity provision.

Physical Education is monitored and evaluated through:

- Lesson observations
- Monitoring of lesson planning
- Monitoring of equipment
- Pupils Assessment data
- Feedback from staff
- Children questionnaires
- Pupil records of participation, focusing on different groups
- Feedback from children/school council about PE and general physical activity
- Attendance at after school sports clubs

Equal opportunities and inclusion

We comply with the Equality Act 2010 and are proactive in ensuring that all pupils, including those with SEN needs or disabilities are provided with a comprehensive programme of physical activity. For pupils with disabilities or health conditions we will endeavour to adapt activities to suit their specific individual needs, where possible. Where appropriate, this may mean providing specialised equipment, differentiating activities, offering a parallel or separate activity with a Support Assistant or 1 to 1 staff member, or setting a challenge appropriate to their skill level.

SEND

A high-quality PE curriculum enables **all** children to enjoy and succeed in many kinds of physical activity.

- In order to provide equal opportunities for pupils with SEN and/or disabilities and for those children to gain full access to the PE Curriculum, in PE we will:
- set suitable learning challenges
- respond to children's diverse learning needs, and
- overcome potential barriers to learning and assessment for particular individuals and groups of children.
- modify the curriculum to remove barriers, so all children meet the same objectives.

In some activities, children with SEN and/or disabilities will be able to take part in the same way as their peers. In others, some modifications or adjustments will need to be made to include everyone.

- To overcome potential barriers to learning in physical education, some children may require:
- adapted, modified or alternative activities that offer an equivalent degree of challenge to the activities in the programmes of study and that enable the children to make progress
- specific support they need to take part in certain activities or types of movement, and
- careful management of their physical regime to allow for their specific medical conditions.

Assessment will take into account a range of factors in the context of the activity undertaken.

HEALTH/MENTAL WELLBEING

The aim of teaching children about physical health and mental wellbeing is to give them the information that they need to make good decisions about their own health and wellbeing. Physical health and mental wellbeing are interlinked, and we teach pupils to understand that good physical health contributes to good mental wellbeing, and vice versa.

At Cambo First School, in PE lessons, we teach the characteristics of good physical health and mental wellbeing. Children are taught about the benefits and importance of physical activity, exercise, diet and nutrition and how this can impact on their overall health and wellbeing. Children learn about the changes that can occur to their bodies, as a result of physical activity, and how being active can impact positively on their mental wellbeing. A healthy body equals a healthy mind!

THRIVE

PE, sport, physical activity and exercise fit perfectly with the Thrive Approach. Thrive provides educators with the theory, strategies and activities to deliver creative, fun and play-based activities that best support social and emotional development. At Cambo First School, PE provides an abundance of social and emotional developmental opportunities for children when they work, play and compete in pairs, small groups and teams; when observing their own, and others' skills, techniques and performances or when working with a partner to share ideas and compose a sequence in Dance or Gymnastics. There are opportunities self-evaluation, reflection, for discussion, sharing ideas, leading and being led, observing and feeding back, learning about etiquette, being supportive, learning about fair play and sportsmanship and learning how to cope with the emotions of winning and losing.

Where necessary Mrs Patterson our Thrive Lead, in conjunction with the Coach/Teacher, can help a Class achieve a Class Thrive Target in PE lessons and

provide opportunities for individual children, through paired or group work, helping them to explore and achieve their Individual Thrive target.

EAL

Children who have English as an additional language, are expected to take part in PE. Due to the nature of PE, where access cannot be gained through understanding of the spoken word, children will be encouraged to observe or copy and repeat either their peers or the Class Teacher. Pictures of skills, actions and techniques will also be used to provide as visual stimulus for EAL children, in order that they gain an insight as to what is required in the lesson. The Class Teacher may also use other strategies to allow EAL children to access lessons content.

Training and support for staff

We ensure relevant staff access high quality professional development annually on PE and physical activity to keep staff updated on key related issues and ensure they are confident to teach/support the full breadth of the curriculum. We participate in training, CPD and educational initiatives/projects run by the LA and other organisations e.g. MPSSP. Staff also work alongside specialist PE teachers/coaches.

Home Learning

In the event that School needs to close to children during Term Time, class teachers will ensure:

- all children have a skipping rope (supplied by School) in order that activity can be undertaken at home
- details are shared with Parents/children where links can be found to exercise videos that children can join in with at home
- there are Links to videos that show children how perform specific sports skills that they can practice

Dissemination of the policy

The policy is available to parents and carers and children via the school website. Parents and carers and children new to the school may be given a summary on request and there is a copy in the school office. The full policy is available to parents and carers and pupils on request.

Copies of the full policy are in the staff handbook and the Policy reference file, in the school office.

Appendix 1

Pupils should be taught to:

- 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.
- Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement.
- They should enjoy communicating, collaborating and competing with each other children.
- They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.
- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate [for example, basketball, cricket, football, hockey, netball, rounder's 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 : OAA/Orienteering
- compare their performances with previous ones and demonstrate improvement
- to achieve their personal best.
- To develop physical competence and help promote development.
- To develop physical skills to equip each child for activity within school and leisure throughout life.
- To develop and understand that good practice with regard to exercise can contribute to good health.
- To promote and develop self-esteem through the development of physical confidence.
- To forge links with other schools and the local community.
- To provide a balanced and progressive program of physical education which is differentiated to meet the needs and abilities of all children.
- To provide opportunities for each child and every child to participate in physical activities regardless of gender, culture, ethnicity or ability.
- To enable each child to reach or exceed their potential.
- To ensure that activities are undertaken with due regard to safety in all instances, with staff and children sharing this responsibility.
- To foster an appreciation of skilful and creative performances within all areas of physical activity through active learning.

In the teaching of gymnastics we aim to establish skilful control of body movement through activities linked to travelling, balance and rotation.
In the teaching of dance we aim to develop and awareness of the body as a medium for expression and communication.

In the teaching of games we hope to provide the opportunities for children to acquire a variety of games skills in a facilitating environment. We also aim to provide opportunities, time and practice for children to create their own games.

In athletics we encourage children to participate in, and develop their individual skills in activities of running, jumping and throwing.

In swimming we aim to develop water confidence, skills for personal survival, life saving and basic stroke techniques.

OAA experiences the children have social, mental and physical experiences linked to all areas of the curriculum, the curriculum is also enriched and extended through the specialist teaching and activities.