

Beetham CE Primary School

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



Caring for Everyone,
Learning Together,
Achievement for All

‘Love one another with genuine affection; delight in honouring each other with mutual respect.’

Romans 12:10.

This policy is based on the Christian principles, values and beliefs that underpin everything we do at Beetham Church of England Primary School.

Approved by	
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1 Policy Statement

Beetham CE Primary School wants pupils to regularly experience high quality PESSPA in a safe and supportive environment because it is a unique and vital contributor to their physical development and wellbeing. PESSPA is the only curriculum subject focused primarily on the body; it uniquely addresses the physical development aim of the curriculum and makes a significant contribution to the spiritual, moral, social, and cultural development of children and young people. Through the high-quality physical education programme we offer, our pupils will become physically literate and develop the knowledge, skills, and motivation necessary to equip them for a healthy, active lifestyle and lifelong participation in physical activity and sport.

2 Policy Aims

The PESSPA aims for all our pupils are to:

- participate and develop physical competence in a wide range of physical activities that provide appropriate challenge and acceptable risk;
- build confidence and resilience to try hard and make progress across all activities;
- enjoy learning in and through the subject across the domains of physical skills, creative and thinking skills, and social, personal, and leadership skills and be able to apply those skills across their wider learning and beyond school;
- be highly motivated and understand how to plan, organise, and lead their own healthy, active lifestyles as well as positively influence those around them;
- develop their physical wellbeing through increased stamina, strength and suppleness and recognise the positive impact on their emotional wellbeing and health from engaging in physical activity on a regular basis;
- be involved in learning about risk management and their responsibility in this in order for them to participate independently in physical activity later in life.

3 Policy Implementation

3.1 Curriculum

All pupils are entitled to a progressive and comprehensive physical education programme that embraces current Statutory Orders of the National Curriculum and the Early Years and Foundation Stage (EYFS) Statutory Framework and guidance and considers individual interests and needs.

Our curriculum will provide activities to promote a broad base of movement knowledge and skills placing pupils in cooperative, collaborative and competitive situations that aim to cater for the preferences, strengths, and needs of every pupil. We will develop their creative and expressive abilities, and provide situations where pupils work independently, in pairs, or in groups. They will be encouraged to appreciate the importance of having a healthy body and begin to understand the factors that affect health and wellbeing. Embracing the national curriculum and EYFS requirements will also help us make sure our curriculum is inclusive and that every pupil has equal access irrespective of their age, gender, cultural, ethnic background or any other protected characteristic.

While retaining its unique contribution to pupils' movement education, PESSPA has considerable potential to contribute to a much wider areas of learning. We consider it important for PESSPA to be integrated into the whole school's planning for the development of pupils' literacy, numeracy, science, geography, Personal, Social and Health Education (PSHE), and computing skills.

In the EYFS our teachers or practitioners should:

- plan activities that offer appropriate physical challenges and provide sufficient space indoors or outdoors to set up relevant activities;
- provide resources that can be used in a variety of ways or to support specific skills development;
- introduce the language of movement to pupils alongside their actions;
- provide time and opportunities for pupils with physical disabilities or motor impairments to develop their physical skill working as necessary with physiotherapists and occupational therapists;

- use additional adult help if necessary, to support individuals and to encourage increased independence in physical activities.

In Key Stage 1 our pupils should be taught knowledge skills and understanding through dance, gymnastics, and games activities.

In Key stage 2 our pupils should have access to all components of the National Curriculum Programme of study (athletics, dance, games, gymnastics, outdoor and adventurous activities, and swimming).

We provide all pupils with their entitlement of at least 2 hours of high-quality physical education a week delivered through 2 lessons in a typical week.

Pupils have access to a broad and balanced curriculum of study. Our long-term curriculum map for the EYFS and from Year One to Year Six can be found at on the school website

PESPPA is rarely cancelled. This school values regular and frequent lessons to develop children's skills and abilities. When weather conditions make planned activities unsuitable, there will always be alternative plans in place. These might include class-based activities around the planned activity (e.g. evaluating and improving work based on watching video clips from a previous week's learning), rescheduling the activity, or modifying the activity to take place indoors.

PESSPA is not and will never be used as a sanction.

3.2 Outside School Hours Learning (OSHL)

The aims of the OSHL programme are to extend and enrich the work being done in curriculum PESSPA and provide some pupils with opportunities to develop the skills they need to access curriculum PESSPA. The programme will reinforce the importance of keeping physically active to lead a healthy lifestyle.

We develop all OSHL opportunities in consultation with pupils and the programme will:

- provide a balance of competitive and non-competitive through intra and inter school events;
- provide specific movement/general physical activity clubs which develop health and fitness, such as Change4Life Clubs;
- ensure every pupil is offered the opportunity to attend a minimum of one OSHL activity each week;
- ensure school regularly participates in school sports partnership (SSP) and county-wide events that promote competitive opportunities and physical activity.

To ensure the quality and sustainability of the OSHL programme the school will:

- employ a range of qualified and experienced auxiliary coaching staff and implement quality assurance through the subject leader;
- ensure the subject leader takes responsibility for forging strong local community club links e.g. club coaches visit school/pupils attend club taster days/clubs advertise on school noticeboards;
- inform pupils and parents about the range of OSHL opportunities.

3.3 Curriculum Planning for the PE Programme

All our PESSPA lessons will be planned and structured to contribute to safe learning situations. Good practice is safe practice, and we plan according to:

- what we want students to learn,
- how we plan for the learning to take place in an accessible way for all students,
- whether the learning experience safe,
- our assessment of students' learning needs against the scheme of work we use, and
- whether safe practice is embedded in the learning process and implemented in every lesson.

PESPPA is taught not only to develop and maintain pupils' skills and understanding of the subject, but also because the teachers know their pupils' personal, social, and health needs, and can make appropriate cross curricular links where possible.

Transition arrangements for students include a process that ensures the PE Department is informed of any significant Special Educational Needs or Disabilities (SEND), medical conditions, or mental health issues among the new cohort that may impact safety or curriculum delivery or participation arrangements and for

which reasonable adjustments may be required so that appropriate plans can be developed or updated. This should include the appropriate sharing of Education Health and Care Plans (EHCP), Individual Health Care Plans (IHCP), Behaviour Management Plans (BMP) and any other kind of personal risk assessment that has been carried out on an individual student to inform planning.

When an enrolled student acquires new SEND which may impact safety or curriculum delivery or participation arrangements, there is a simple process that ensures the PE Department is informed as a priority to ensure that appropriate plans can be developed or updated and that any reasonable adjustments required can be put in place within 2 weeks of the notification to school of the new needs.

Our long, medium, and short-term plans, and useful PESSPA teaching and development resources are kept in the staffroom or on the staff shared drive and these are regularly updated by the PESSAPA subject leader. Teachers need to plan their own learning objectives to suit the needs of a particular class, and they are made clear to pupils. It is also important that explicit learning about safety is annotated on the plan where appropriate and teachers monitor pupils' understanding of safe practice principles and their ability to apply them effectively. Teachers should also conduct their own risk assessments and plan differentiated learning tasks and assessment opportunities and ensure these are noted on the short-term plans.

Each lesson should include a warm-up and cool-down relevant to the main activity and learning environment or weather conditions. All pupils should be physically active for sustained periods of time in any lesson.

Progressively, pupils should learn about the components of fitness and how to perform warm-up and cool-down exercises, paying attention to the principles of safe exercise practice.

The use of visual aids and ICT is strongly encouraged to support learning and we make appropriate use of video recordings of individuals and activities to develop skills and examine practice

Swimming takes place at Carnforth Community Swimming Pool for all pupils in Years 1 to 6 for at least 10 weeks of the year. Lessons are planned and delivered by pool instructors but class teachers are strongly encouraged to assist with and support the sessions. Instructors will provide assessments at the end of each term and will also deliver, or support our staff to deliver, a session in school on water safety at pools and out in the community.

3.4 Time Allocation for PESSPA

All pupils receive at least 2 hours of PESSPA each week.

All class teachers will seek opportunities to develop the learning in a cross-curricular approach.

3.5 Leadership and Management

The subject leader is responsible to the Head teacher and will ensure that the following tasks associated with the role are considered and carried out where appropriate:

- developing good classroom practice;
- managing the budget and PESSPA and sport premium based on the needs identified through the monitoring and evaluation of the subject, staff audit, and the whole school development plan;
- posting reports on the school website about the allocation of PESSPA and sport premium and its impact;
- auditing, ordering, and reviewing the efficiency of equipment, learning resources, and accommodation management to ensure pupils are well taught and protected;
- attending courses to further their own professional development and providing information, support, and appropriate continuing professional development for colleagues;
- monitoring classroom practice and planning, auditing needs for continuing professional learning to ensure high quality delivery and impact on children is achieved;
- making all resources available to all staff including the health and safety policy and relevant procedures, schemes of work, assessment materials, and resources to support learning;
- carrying out risk assessments in line with employer procedures;
- extending relationships and contacts beyond school and in the local community;
- keeping up to date with and implementing any national, employer, and SSP developments as appropriate.

3.6 Teaching and Learning

The organisation of PESSPA in school promotes learning through physical activities and sports. Lessons are blocked in units of work that are age and developmental stage appropriate and aim to promote physical skills and competency, a greater depth of understanding and application of these skills and the ability to perform reflectively.

The planning and delivery of PESSPA will be adapted by individual teachers to provide appropriate challenge for all pupils, to extend those who are more able, and provide appropriate levels of support for all pupils to make progress.

3.7 Monitoring Teaching Standards

Subject monitoring and evaluation will be carried out by the subject leader with support from the school leadership team where necessary and we will use the following strategies and measures to do this:

- observation of teaching and learning, including support staff and coaches, to assist in the identification for strengths and development needs;
- assessment of pupil progress and achievement;
- pupil interviews;
- self-evaluation of the subject in relation to PESSPA and sport premium funding impacts.

Additional PESSPA and sport premium funding will be being accessed where necessary to ensure the subject leader has enough released time to carry out this monitoring effectively and in accordance with best practice and out policy.

3.8 Staff Development

Appropriate professional development for all relevant staff will seek to secure:

- their PESSPA knowledge in line with any current guidelines issued by any National Governing Body (NGB) which exists for a particular sport e.g. the [England Touch Association](#) (NGB for Touch Rugby),
- consistency of good practice,
- an awareness of health and safety procedures (as exemplified in the Teachers' Standards), whereby staff should be comfortable and confident in delivering the activities they teach.

3.9 Assessment and Recording

Pupils' work will be assessed throughout each unit of work using formative and summative assessment methods. Pupil progress will be monitored by the individual class teacher who will use these methods to set realistic targets for individual pupils, based on their strengths and weaknesses. At the end of each unit, an indication of progress they have made will be recorded. This will allow an overview of all progress made over the academic year. The attainment target for PESSPA sets out the knowledge, skills, and understanding that pupils of different abilities and maturities are expected to have by the end of each key stage.

3.10 Assessing Progress

This school will assess pupils by:

- watching them work, talking to them about what they are doing and listening to them describe their work;
- gathering feedback from students to inform teachers and pupils of what has been successful and allowing them to set their own future targets;
- using ICT to develop portfolios of pupils' work in PESSPA to show their progression, quality of performance and to encourage reflective performance.

3.11 Recording and Reporting

We record the results to allow us to track pupil progress against national expectation.

Significant achievements or weaknesses may be noted in lesson evaluations and used to:

- inform future planning by the current or a new class teacher;
- form part of the statutory annual reporting process and in discussion with parents;

- help pupils as a basis for future target setting;
- provide information to ensure continuity of progression throughout transfer between classes and key stages.

3.12 Equal Opportunities, Gifted and Talented, and Inclusion

We are committed to ensuring every pupil has equal access to national curriculum PESSPA at this school. Learning experiences are differentiated to meet the specific needs of individuals and groups of pupils, including those who have diverse SEND, gifted and talented pupils, and those who have English as an additional language. A “can-do contract” is devised through discussion between class teachers, support staff, parents and if relevant specialist medical staff.

Lesson planning, delivery and assessment aims to ensure that pupils are provided with appropriate and effective opportunities to actively participate and succeed in the whole range of learning opportunities offered within and outside of the curriculum

Any classroom support provided must extend to PESSPA lessons as appropriate. Teachers and other adults working with children will be made aware of any pupils who have special educational needs, disabilities or medical conditions that may affect their participation or the lesson planning. The Special Educational Needs and Disabilities Coordinator (SENDCo) will liaise with staff to ensure all pupils’ needs are met in relation to teaching and learning in PESSPA. See section 3.3 Curriculum Planning for more information.

3.13 Differentiation

This school complies with the three basic principles for inclusion as follows:

- we set suitable learning challenges;
- we respond to pupils’ diverse learning needs;
- we strive to overcome potential barriers to learning and assessment for individuals and groups of pupils.

Action necessary to respond to an individual’s requirements for curriculum access will be taken in the form of greater differentiation of tasks and materials consistent with school-based interventions aligned to current accepted practice.

3.14 Safe Teaching and Teaching Safety

This school follows the PESSPA guidance provide by the Association for Physical Education (AfPE) about teaching safety and teaching safely. Staff are expected to refer to the AfPE current and comprehensive guide *‘Safe Practice and Managing Risk in PESSPA’ (2020)* in the office as necessary and the subject leader is expected to consult others and lead on updating school practice and procedures no less than every 4 years to coincide with when AfPE updates their guide.

Elements that govern the delivery of challenging but safe PESSPA in relation to compliance and behaviour are considered regularly to ensure school requirements are made clear whenever we update our codes of conduct for staff, other adults, and pupils.

When the pupil code of conduct/home-to-school agreement is updated there is a simple process in place to inform parents and ask them to confirm that they understand the rules and will support school in their application

3.15 Risk Assessment and Managing Risk

Good teaching and therefore safe teaching in PESSPA are achieved when the balance between appropriate challenge and acceptable risks is maintained and the likelihood of injury occurring is minimised. Anticipating possible risks can help in the planning of effective risk management strategies. A logical and structured approach to preparation referred to as “**forethought**” is an essential part of effective teaching, managing, and learning.

Where this process identifies a significant risk that cannot be sufficiently managed, the planning needs to be reviewed.

During the thorough risk assessment of school carried out as part of ordinary termly monitoring in line with the *'Management of Health and Safety at Work Regulations 1999'* any significant risks will be reported as soon as possible to the Head teacher. To help us determine our risks and suitable control measures, we use AfPE publication, *'Safe Practice in Physical Education, School Sports & Physical Activity'* (2020) drawing on it for good practice. We may also need to take steps to ensure staff follow any local, national, or international restrictions regarding travel or behaviour in local or large scale public health incidents or emergency situations e.g. a severe local pollution incident or a global pandemic. All relevant staff will receive information and instruction on planning off-site activities in such conditions.

Teachers are expected and encouraged to carry out a dynamic (unwritten mental) risk assessment before every PESSPA lesson, involving a quick overview of the activity, environment, and equipment matched to the planned lesson content and any new knowledge about the pupils participating e.g. a new pre-existing injury, to identify any adjustments required to maintain safety and still achieve the learning objectives.

3.16 Support Staff

These include classroom assistants, teaching assistants, HLTAs, learning mentors, visiting coaches, sports apprentices, and volunteer parents and others, but not trainee teachers.

Additional support staff will be used during curriculum and non-curriculum time to:

- support the delivery of high quality PESSPA;
- enrich or enhance an activity which pupils are undertaking;
- provide training opportunities for staff linked to PESSPA and sport premium indicator 3;
- provide additional opportunities for OSHL.

All Adults Supporting Learning (ASL) and coaches will receive appropriate access to relevant training and support to ensure their knowledge and understanding of delivering curriculum PESSPA is in line with current statutory requirements and recommended good practice.

No ASL should operate independently. They may work alone if their competence has been established and monitored but will be managed effectively by a teacher, who remains legally responsible for the pupils in their care, whether through direct or indirect supervision of the ASL.

If we use PE and Sport Premium funding to employ support staff in curriculum time, the support staff will always teach alongside the class teacher to satisfy the criteria for this funding.

3.17 External Sports Coaches

The Head teacher has responsibility for the safe recruitment and vetting of external coaches or other ASLs e.g. appropriate Disclosure and Barring Service certification, activity leadership competence, licensing by a relevant governing body, and liability insurance.

School responsibilities for safe recruitment are the same regardless of whether the person coming into school to deliver coaching activities is paid or a volunteer.

3.18 The Use of Touch

All teaching staff and ASLs must follow school procedures for the safe delivery of intimate care or positive handling/physical intervention and only specially trained staff should carry out positive handling. These activities are not covered by this policy or procedures.

There are several other appropriate reasons why a member of staff or ASL might touch a student during PESSPA activities e.g. to:

- Develop sports skills or techniques
- Treat an injury
- Prevent an injury or accident from occurring
- Meet the requirements of the sport
- Comfort a distressed child or to celebrate their success.

Schools expects all adults involved in delivering PESSPA to our students to know what is appropriate from any CPD they have received from a relevant sporting NGB or first aid training provider, from relevant sporting safeguarding guidelines from the [NSPCC](#) and [Sport England](#) that we require adherence to, and from

their induction and training delivered by this school to enable them to follow school policies and procedures.

Both staff and ASLs should consult with the SENDCo and PE Department lead if they need to discuss any specific use of touch and its appropriateness with regard to students with SEND if they have concerns. Decisions on the application of appropriate touch may need to be recorded in a student's EHCP, BMP, or other kind of risk assessment individual to a particular student.

3.19 Kit

Pupils should wear clothing that is fit for purpose according to the PESSPA activity, environment, and weather conditions.

3.19.1 Indoor and outdoor clothing

For all PE sessions children should wear either tracksuit bottoms, shorts or leggings, a t-shirt and school PE hoodie.

Long hair should always be tied back with a suitably soft item to prevent injury if the item contacts with another pupil, to prevent hair entanglement with apparatus, and to prevent vision being obscured.

For classroom-based movement in a limited space or playground activity like "wake and shake" style activities, pupils can wear their ordinary school uniform. During this type of activity, children work in a small area or on the spot so safety concerns about slips, trips and falls are reduced.

In hot weather we will promote sun protection by encouraging parents to apply a long-lasting sunscreen to their child's face, ears, and neck (and arms if exposed) before school, asking them to provide their child with clearly labelled sunscreen, reminding pupils to reapply at appropriate intervals, and encouraging pupils to wear sunhats if appropriate and loose, light clothing that covers the shoulders.

3.19.2 Religious and cultural clothing

To maximise safe and meaningful participation, the school and staff will use sensitive management when dealing with concerns about the effect on PESSPA or safety arising from the wearing of any particular clothing specific to a religious requirement.

3.19.3 Staff clothing

Clothing and the correct attire for a particular PESSPA activity represents important features of safe practice that apply in equal measure to both staff and pupils. Staff should always endeavour to change into appropriate clothing for teaching PESSPA. On the rare occasions that this will prove difficult or impractical, a change of footwear and removal of jewellery is the very least that will be undertaken.

3.19.4 Personal effects, jewellery, and religious or cultural adornments

Personal effects such as jewellery (including body piercings), religious artefacts, watches, hair slides and sensory aids, including glasses, should be removed to establish a safe working environment.

Ongoing risk assessment will determine what action is appropriate with each class or individual and staff should avoid complete exclusion from a lesson if a pupil is unable to remove their personal effects.

We will not accept any disclaimer from parents about the wearing of an item because such an indemnity has no legal status and the duty of care towards the pupil and others remains firmly with this school.

3.20 Changing Provision

We are committed to ensuring dignity, decency, and privacy where needed when children are changing whether for reasons of physical development or another individual need.

This school lacks purpose-built changing rooms so when changing for PESSPA, KS1 and lower KS2 pupils will change together in their classroom, whereas upper KS2 pupils will change in separate areas more often split into boys and girls.

Staff will be present during changing times to ensure children are always safe and that any relevant public health concerns will be properly addressed.

3.21 Equipment and Resources

The majority of PESSPA equipment is stored in the PE shed. The suitability of equipment is regularly reviewed to ensure it is appropriate to the ages, abilities and needs of pupils to enhance their learning.

Pupils are encouraged to:

- look after resources;
- use different resources to promote learning;
- return all resources tidily and to the correct place (with supervision);
- learn any safety procedures related to carrying or using the resources.

All other resources are in the staffroom or with the subject leader.

Damage, breakage, or loss of resources should be reported to the PESSPA subject leader as soon as possible. Any piece of damaged apparatus which could cause injury must be appropriately isolated from use and reported, with no group or individual able to access the resource until it has been made safe.

In general, the **inspection regime** will be as follows:

- regular inspections will be made of halls, floors, gyms, and equipment;
- PE equipment will be inspected before use;
- a more detailed inspection to check the operation and stability of the equipment and look for evidence of wear will be carried out by staff every 1-3 months, or as indicated by the manufacturer's instructions. An inspection record will be kept;
- equipment will be formally inspected at least annually by a competent contractor in accordance with the manufacturer's instructions to establish the overall condition of the equipment, foundations, and surfaces. The level of competence of the person carrying out the inspection will vary with level of risk associated with the complexity of the equipment;
- if at any inspection, equipment is found to need repair, it will be removed, replaced, or repaired immediately. If this is impractical, steps will be taken to ensure that it presents no danger to young people or others by immobilisation or by erecting a protective barrier to access. The repair will then be completed as soon as possible.

3.22 Link Governor

Governors are responsible for spending PESSPA funding and ensuring the Governing Body meets any requirements or conditions on it, so it is best practice to nominate a link governor or trustee for PESSPA with whom the subject leader liaises on all matters to do with primary PESSPA and relevant premium or other funding. See front of Policy for detail.