



Welburn Community Primary School PE Curriculum

Our intent for PE at Welburn Primary School is to develop pupils who:

- enjoy physical exercise for a sustained period of time
- know how physical exercise contributes to a healthy lifestyle
- learn teamwork skills, including leadership and problem solving
- know skills involved with different sports and physical activities
- are resilient, determined, respectful and brave
- understand safer ways to take risk
- nurture gross motor skills
- Understand their body and have positive body confidence

To implement this we will:

- Teach skills from many different disciplines and activities
- Explicitly teach leadership and team work
- Make use of visiting coaches and experts
- Make connections to other relevant curriculum subjects such as PSHCE and Science
- Challenge stereotypes such as gender bias and body shaming in sport and physical activity.
- Provide opportunities for inter school competition
- Include all pupils in PE regardless of physical ability, SEND, gender, body shape or age.

PE Curriculum

PE is a compulsory subject in the National Curriculum. Teachers within the school are expected to plan individual lesson plans according to their long term and medium term plans. We teach a range of activities including dance, gymnastics, invasion games, net/wall games, striking and fielding, fitness and athletics and swimming. We follow the statutory guidelines for swimming in Key Stage 2. Children in years 3 and 4 go swimming for a 10 week period each year.

Activities are planned to build on prior learning of the children. This will ensure that all pupils make a good level of progress. Pupils may have different abilities that need to be catered for by the class teacher but this will not hinder any pupils from making progress at their own level.

Assessment

Teachers assess pupils by observation during lessons. They may use photographs and videos as evidence. Unit records are provided by the PE lead to support teachers in the assessment of pupils. At the end of each unit, teachers make a judgement as to whether each pupil has made expected progress, less than expected or more than expected. This will be stored in a 'big book' for each cohort and used to inform future planning and progress.

Pupils are taught and encouraged to evaluate their own work as well as others.

Duty of care

Each member of staff has a duty of care for all pupils. The responsibility remains with the school even when external agencies or sports coaches are working with the children. A member of staff should be present throughout sessions led by an outside agency.

Inclusion

Any specific medical or learning requirements of pupils will be considered by staff and appropriate measures will be taken to ensure that pupils will be able to safely access the physical activity. Staff will have a good level of understanding regarding each pupils' needs and will be able to appropriately support them.

Risk assessment

A risk assessment has been completed for PE and Sport indoors and outdoors on the school site. For off-site visits or events a separate risk assessment will be written and a copy of the alternative site risk assessment is obtained.

Insurance

The school have insurance covering staff and pupils. If an incident should occur, the school's policy will be followed for contacting insurance companies.

Fair play

Staff will ensure that games are played fairly. Children may sometimes create their own rules and lead their own games. In this instance, pupils should ensure the games are fair for all players.

This also covers inclusion of all pupils. Staff will adapt games/activities to ensure all pupils are able to access them.

Safeguarding

See safeguarding policy.

Additional adults/specialist coaches adhere to the safeguarding policy and are required to give proof of DBS check. A school staff member will

always be present when outside agencies are operating to ensure the safeguarding policy is adhered to.

Cultural/religious issues

Any cultural or religious issues will be taken into consideration when the teacher is planning the physical activities for the class. Parents can discuss any issues with class teachers to ensure these have been considered and appropriate actions have been taken.

Sports visits/events/fixtures

For off-site visits or events a separate risk assessment is written and a copy of the alternative site risk assessment is obtained. Parents are informed of the event and a consent form is required if the timing of the event runs outside of school hours. During the event pupils will be supervised by appropriate adults. At Malton Sports Centre there are also Sports Leaders available to support children and supervise. Pupils will never be left alone. If an incident occurs staff will follow the school's procedure of administering first aid, calling an ambulance (if necessary), calling the school (if necessary), contacting parents (if necessary). An accident form will be completed on return to the school site.

Physical contact

Staff will ensure that any physical contact will remain impersonal and only for the intention of meeting a pupil's needs, such as:

- Developing techniques and skills safely
- Treating injury
- Preventing injury occurring
- Meet any special educational needs and disability needs
- Prevent harm to the student or others

The adult must make the pupil aware beforehand and ensure they have consent from the individual.

Any complaints regarding inappropriate physical contact should be reported immediately to the Designated Safeguarding Lead.

Clothing

Children should wear appropriate clothing for the activity they are taking part in such as shorts/t-shirt/jogging bottoms/jumper. Suitable footwear includes trainers or plimsoles.

As we like to make the most of our learning in the outdoors children should always have appropriate clothing in school.

For swimming, a one-piece swimming costume or swimming trunks are required. Pupils will need to bring their own towel.

Hair must be tied back for all physical activities. We encourage pupils to learn to do this themselves.

Jewellery

All jewellery must be removed for any sport or physical activity in school. This includes smart watches/Fitbits. Children must be able to remove jewellery such as earrings themselves. Personal effects such as these are left in the classroom at the risk of the pupil. If pupils cannot remove jewellery themselves they will not be able to take part in the physical activity that day.

Equipment

PE equipment is regularly checked by the PE lead to ensure it is safe for pupils to use. Pupils are also taught to recognise any damage to equipment so will know when not to use it. Children will also learn how to use a wide variety of equipment safely and appropriately.

For gymnastics apparatus staff and pupils will follow the Apparatus Handling Policy and pupils will be taught how to get out, use and put

away this apparatus safely. The same methods will be used continually throughout the school.

Fire safety

Follow fire safety procedure.

Digital technology

Staff may use school-approved digital technology such as cameras to document physical activity where appropriate. They must have consent from parents to take photographs. Photographs or videos may be used to document pupil progress, give feedback to pupils or to show examples/model skills. Staff will use cameras approved by the school and will not have mobile telephones in their possession during school hours. Photographs and videos will be stored on a secure staff computer that remains in school at all times. Digital images will not be used for purposes other than assessment unless consent has been given.

Transport

Pupils require the use of transport to and from sporting events. They will be accompanied by a responsible adult who is trained in first aid. The school uses a highly reliable and reputable bus company to transport pupils to and from events.

First aid

If any pupils require treatment for an injury this will be carried out by a qualified first aid staff member. An accident form will be completed to inform parents of the incident and the record is filed. If required, parents will be contacted by telephone for more serious injuries.

Medical information, needs and conditions

If a child has any specific medical needs, parents should provide this information for staff. Staff can then incorporate this into their planning to ensure that the pupil will be safe when taking part in the physical activity. Staff should be regularly updated about the medical condition and any

support staff should be up to date with the relevant information. If any particular support is needed, the appropriate procedures will be followed e.g. administering medication, administering first aid or physical contact with a child.

Weather

We like to use the outdoors in our learning as much as possible. As long as it is safe to do so and is appropriate to the learning we will use the outdoor area. We have a concrete playground and a small field to use. A risk assessment is written to consider any risk factors learning in the outdoors might raise. Children should have appropriate clothing for all types of weather (see clothing section).

Other issues

For any other issues or concerns, please speak to the PE lead (Helen Thomson) or check the Safe Practice guidance from AFPE.