



## **Woburn Lower School**

### **PE and Sports Policy**

#### **Rationale**

At Woburn Lower School we believe that Physical Education and Sports play a vital role in the development and maintenance of every child's physical and emotional health. We recognise the importance of developing fundamental movement and sport skills and knowledge within a framework of clear progression through the age groups. We also recognise the importance of healthy competition within a safe and supportive environment.

#### **Aims and Objectives**

- To promote a life-long enjoyment of exercise and sport and to inspire children to succeed
- To teach a range of PE and sport skills
- To engage all children in at least 30 minutes of daily physical activity
- To ensure that all staff are confident in the teaching of PE
- To offer a broad experience of PE and sports activities that is fully inclusive to all children
- To ensure that all children experience competitive sport within a safe and supportive environment, working and playing with others in a range of group situations
- To ensure that the PE and Sports Premium Funding is used to make sustainable improvements to the school's provision for PE and Sport
- To promote inclusion and to develop a sense of fair play, sportsmanship, team spirit, self-discipline and perseverance
- To develop understanding and positive attitudes towards living a healthy lifestyle
- To promote PE and Sport throughout the school

#### **Teaching and Learning**

At Woburn Lower School we work in partnership with Leighton Linlade School Games to ensure that all pupil's take part in inter-school competitive events.

We ensure that KS1 and KS2 have access to a minimum of 2 x hours Curriculum time of high quality PE and sport each week. We also provide lunch-time, playtime and after school club opportunities for active play. Our 'Active Programme' is held at lunchtimes by professional coaches. Our Eco Council encourages children and parents/carers to walk to school.

We offer a broad Curriculum that includes movement skills, sports and ball skills, tennis/quik cricket, gymnastics, athletics, swimming and water safety. Our Curriculum is designed to enable children to develop increasing control and co-ordination and to learn how to improve the quality and control of their performance

We provide ongoing training for all staff to meet CPD requirements and we hire qualified sports coaches to work alongside teachers and TA's, sharing their knowledge and skills.

We develop links between PE and Sport and other Curriculum areas, such as Science, developing an understanding of how our bodies work and the effects that exercise and healthy living can have upon them. In PSHE we link closely with the key values that we promote in PE and Sport – teamwork, co-operation, perseverance and self-discipline.

We take part in the LA Health and Wellbeing School's self review.

We promote physical activity and Sport throughout the school by using displays and our school website to celebrate achievement and participation. Weekly awards value attitudes displayed in sport as well as achievement. Bronze, Silver and Gold objectives are given for each lesson and the lesson motto is 'Go for Gold'.

We involve parents through inviting them to spectate and through sharing their children's progress with them at parent consultation evenings and through termly reports.

Swimming lessons are provided for all children in Years 3 and 4. Children are taught 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] and to learn basic water safety skills.

Year 4 children are given the opportunity to attend an outdoor adventure residential trip where they can challenge themselves to try new and exciting activities.

### **Inclusion**

Teachers set suitable learning challenges and respond to their pupil's diverse learning needs through careful planning and use of resources. For children with special needs, the class teacher will liaise with the school SENDco to ensure the necessary resources and adult support are available so that the child can safely take part in PE and Sport at an appropriate level.

### **Safe Practice**

The general teaching requirement for Health and Safety applies in this subject. We encourage the children to consider their own safety and the safety of others at all times. We expect children to wear PE uniform accordingly and no jewellery is to be worn for any physical activity. Where piercings cannot be removed, they may be taped. All lessons begin with a warm up and a cool down. Long hair should be tied back. Gymnastics and playground equipment is checked weekly and a professional check is made annually. Children are taught to set up, use, carry and put away equipment safely and correctly. Accidents are reported and recorded immediately, in accordance with the school's Health and Safety Policy. The class teacher works closely with the school SENDco to ensure that children with SEND are given appropriate adult support and additional resources where required. A local swimming pool is used for Year 4 swimming and land rented from the Duke of Bedford is used for school sports day. Standard safety and safeguarding checks are made.

### **Planning and Progression**

The Physical Education and Sport Curriculum at Woburn Lower School covers all areas of activity as outlined in the PE National Curriculum and the PD Early Learning Goals with clear progression through the year groups. PE and Sport also integrate with other areas of the Curriculum.

### **Monitoring and Evaluation**

Monitoring and evaluation is ongoing and is used to inform next steps. Parents/carers are informed of their child's progress through consultation evenings and reports as well as through the school website and spectating events.

**Governor:**

**Date: March 2023**

**Headteacher:**

**Date: March 2023**

**Review date: March 2026**