



PESSPA Policy

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Walmley Infant School PESSPA Policy

Physical Education, School Sport and Physical Activity

At Walmley Infant School we understand the importance PESSPA has in developing well-balanced, responsible individuals. We recognise that the outcomes of high-quality physical education, school sport and physical activity impact on a child's personal development, behaviours, and welfare. It has a positive influence on a child's physical, emotional, intellectual and social development which in turn contributes to whole school development. Through PESSPA we aim to provide children with the physical skills, knowledge and understanding of the importance of physical exercise and how this is part of leading an active, healthy lifestyle. At Walmley Infant School we believe

"WE ARE STRONGER WHEN WE MOVE"

Aims

At Walmley Infant School we will provide the skills and opportunities for pupils...

- To develop fundamental movement skills
- To become increasingly competent and confident
- To be given a broad range of opportunities
- To extend their agility, balance, control, coordination individually and with others
- To be given opportunities to engage in competitive sport and cooperative physical activities
- To develop simple tactics for defending and attacking.
- To handle equipment safely and effectively
- To understand the role physical activity plays in our health and well-being.

IMPLEMENTATION - Curriculum

We aim to provide a well-balanced curriculum, which covers the statutory requirements for the Early Years Foundation Stage (EYFS) and Key Stage 1. Teachers will use the "Real P.E." scheme adopted by the school to plan lessons for their class. They will ensure planning, content and delivery is age appropriate and progressive. Teachers will follow the medium term plan which is sent out each term so they know what area of P.E. they are teaching and assessing.

Our curriculum will provide activities to promote a broad base of movement knowledge and skills, placing children in cooperative, collaborative and competitive situations. We will develop their creative and expressive capabilities and provide situations where children will learn independently, in pairs and in groups. They will be taught the

importance of having a healthy body and understand the factors that could affect their health and well - being.

Early Years Foundation Stage

Teachers in EYFS will plan activities that offer appropriate physical challenge both inside and outside. Pupils will be given the opportunities to use a range of equipment and resources that will support specific skills. Staff will introduce children to the language of movement, alongside their actions. Adults will support children to develop their core strength, stability, balance, spatial awareness, coordination, and agility. They will provide opportunities to develop the children's gross motor skills to enable them to develop healthy bodies and enhance their social and emotional well-being. Adults will provide feedback and support to develop proficiency, confidence, and control.

Reception children will have a P.E. lesson in the hall each week. These lessons will be planned using the "Real P.E." scheme and focus on fundamental movement skills. Ball skills, sending and receiving and chasing balls aspect of the "Real P.E". Scheme will be taught and planned for as part of outdoor provision.

Nursery will follow the "Real P.E." scheme, however, lessons will be planned as part of their continuous provision and use the "Real P.E. Foundations" part of the scheme. From January the children will participate in a lesson in the hall each week.

Key Stage One

In KS1 the curriculum focuses on fundamental movement skills in order to develop the children's agility, balance and coordination. Content includes ball skills and team games, gymnastics and dance activities. Teachers will plan to ensure equal coverage of each area, as well as provide challenging and enjoyable learning through a range of sporting and physical activities.

Time Allocation for PESSPA

Nursery and Reception children have one structured P.E. lesson each week. KS1 have two P.E. lessons each week.

PESSPA is delivered throughout the day. This is seen in the form of brain breaks and physical movement breaks. The frequency of these is dependent on the class teacher and the needs of their classes. Where possible and appropriate, lessons are active and cross curricular links are made. During wet play children are encouraged to be physically active through the use of classroom based activities.

Children are encouraged to be physically active throughout playtime and lunchtime. Equipment is provided at playtime and lunchtime for the children to access. There is a rota for the children to use the football pitch so everyone has equal access. Tuesday is girls only football providing an opportunity for girls to improve their skills.

Children who are less active are encouraged to become more active by staff.

Spark Active run workshops during the year. The workshops that are run depend on the needs of the school.

After school clubs are available to all students in Reception and Key Stage One. The clubs are run by qualified staff from Spark Active. These clubs allow children to extend and enrich the learning being done in school and to develop the children's skills further. They also provide an opportunity to develop a love of a specific sport or activity thus promoting a lifelong passion and healthy lifestyle.

Each class completes a daily travel tracker to encourage active travel to and from school.

Children will be given the opportunity participate in workshops and whole school events during the school year. They will also attend events off site provided by Spark Active. These events promote aspects of sport and physical activity and give children opportunities to develop interests, take part in competitions and further their skills.

External Sports Coaches

The Head Teacher will maintain responsibility for safe recruitment procedures. At Walmley Infant School we use Sports Coaches from Spark Active. These coaches will have at least a Level 2 qualification in the area they are expected to teach.

After School Clubs/External Competitions and Events

The P.E. Lead liaises with the school office, the Head Teacher, Spark Active, the Coaches and the teachers to arrange the attendance of these.

Where necessary the P.E. Lead will liaise with the Educational Visits Co-ordinator to ensure that the appropriate paperwork is completed. In the absence of the EVC the P.E. lead will liaise with the Head Teacher.

Registers will be taken at the beginning of all sessions and children will be dismissed by a known person.

Staff/coaches will ensure children have the appropriate kit to participate if bringing one from home and follow the guidance in relation to jewellery, hair ..etc (see Walmley P.E. Kit).

Leadership and Management

The subject leader is responsible to the Head Teacher. They will be responsible for following tasks associated with the role. These tasks are

- Managing the Sports Premium budget
- Developing good practice
- Attend courses to further their own professional development and support the professional development of colleagues.
- Observe, monitor and evaluate lessons to assist with identifying strengths, weaknesses and development needs.
- Carry out risk assessments
- Extend relationships and contacts beyond school
- Keep up to date with national developments
- Ensuring resources are available to staff

Assessment and Recording

Children's learning will be assessed by teachers throughout the year using formative and summative assessment. Teachers use the "Assessment for Learning" approach when carrying out formative assessment. During lessons assessment will be based on the learning behaviours and learning skills. Children will peer assess, self-assess and demonstrate good practise. Teachers will provide feedback to the children, question them and be involved in discussions about what they have been learning to achieve and how they achieved it. Both children and teachers will analyse the progress that has been made. Progress will be monitored by the individual class teacher/coach who will set realistic targets based on a child's strength and weaknesses. At the end of each unit an indication of the progress that pupils have made will be recorded on Tapestry.

Equal Opportunities, Gifted, Talented and Inclusion

Every child has equal access to PESSPA. Learning experiences are differentiated to meet the specific needs of individuals and groups of children. Lesson planning, delivery and assessment aim to ensure that children are provided with appropriate opportunities to actively participate and succeed. Any classroom support will be extended into PESSPA lessons as appropriate. Staff and other supporting adults will be made aware of pupils who have additional needs. They will be informed of the learning objective and their role within a lesson. The SENCO will liaise with staff to ensure all children's needs are met in relation to teaching and learning.

Differentiation

All children will be set suitable learning challenges appropriate to their needs. Teachers will strive to overcome any potential barriers to learning for individual or groups of children. The diverse learning needs of all children will be met through differentiation. This may be done by altering the task, changing who they learn with or the equipment that is to be used.

P.E. Kit

At Walmley Infant school the P.E. Kit is ...

Nursey

Nursery children wear suitable sportswear from home when they start to do P.E. in the hall.

Jogging bottoms/shorts

T- shirt

Trainers

Reception

Summer/Indoor Kit

Blue shorts

Navy t-shirt

Trainers

Key Stage One

Summer/Indoor Kit

Blue shorts

Navy t-shirt

Trainers

Winter Kit

Blue/black tracksuit bottoms

Navy t-shirt

Blue/black zip up fleece

Trainers

It is important that personal effects, for example, jewellery, watches, hair accessories and glasses are removed to establish a safe environment. Glasses are to be worn if a child would be unable to see adequately without them and therefore be unsafe. Only children who have recently had their ears pierced will tape their ears. All other piercings must be removed. If children are unable to remove piercings they will take part in the same way as if they have forgotten their P.E. Kit. Hair must be tied back.

If a child does not have a P.E. Kit in school their parents will be contacted and asked to provide one. Children without a P.E. kit will attend the lesson but be given a role which allows them to participate safely, for example, keeping a score, observing peers and giving feedback. Children who persistently forget to bring a P.E. Kit into school will be given one to wear.

When the temperature is below four degrees and children are having lessons outside, children can wear coats over their winter kit

Health and Safety

The school follows the guidance from the Safe Practice in Physical Education, School Sport and Physical Activity 2020.

All Physical Education lessons must have a qualified teacher present unless the lesson is being taught by a sports coach who is contracted by the school.

At Walmley Infant School we recognise that participation in P.E. and Physical Activities contains an element of risk. Good teaching and safe teaching in PESSPA are achieved when there is a balance between appropriate challenge and acceptable risk is maintained and the likelihood of injury is minimised. Planning will be reviewed if a risk cannot be sufficiently managed.

Teachers will carry out a dynamic risk assessment prior to any PESSPA lesson. This will be a quick overview of the environment and equipment that is to be used to assess whether the planned lesson can proceed or any changes need to be made.

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.
- Inhalers are available for children who have asthma.
- Staff will take their class First Aid kit into all lessons.
- Red emergency cards will be taken into all lessons. In the case of an emergency this card will be sent to the office. If first aid is required a member of staff who is first aid trained will be asked to assist. This may mean a staff member has to leave the job they are doing at the time.
- Staff know about the safe practices involved in moving and using apparatus.
- Staff will check all apparatus and equipment prior to it being used.
- Pupils must wear appropriate clothing, remove all jewellery including religious jewellery, piercings, remove hair accessories and tie back long hair. If a child has recently had a piercing, the piercing needs to be securely taped and the teacher must be confident this strategy is effective.

- Glasses should be removed providing it is safe to do so.
- Dance and gym activities will be carried out in bare feet.
- Correct use and handling of equipment is taught along with any potential hazards.
- Equipment and apparatus is stored safely at the end of each lesson. The PESSPA Lead and Bursar will be notified of any broken or lost equipment
- Pupils are taught to consider their own safety and that of others at all times.
- School shoes are not permitted to be worn for PE.
- P.E. Kits must be worn at all times.
- Mats will be placed where needed when using apparatus.
- Parents will be encouraged to apply sun cream on PE days or pupils are to apply it in cases of hot weather.
- Helmets are to be worn when children are using bikes and scooters.

Staff teaching and attending PE should wear suitable clothing, for example, a track suit and trainers. They should be aware of their own safety with regard to their personal clothing, footwear and jewellery when involved in the teaching of any sporting activity. Lanyards should be removed.

An annual Risk Assessment of the school premises and areas where PE is taught is carried out (Appendix One). Risk Assessments are in place for all school PESSPA trips. All School sporting trips and visits must have first been submitted to the EVC and Head Teacher for approval before a visit can go ahead.

Changing Provision

Walmley Infant School does not have any changing facilities. Children will change together in their classrooms. Staff are present to ensure children are safe and children change sensibly and with dignity.

Equipment and Resources

Equipment is kept in the hall and in the playground. Children are encouraged to look after the equipment. They will return resources tidily and to the correct place. They will learn how to handle equipment safely in relation to carrying and handling resources.

Any damages, breakages or lost resources must be reported to the PESSPA Lead.

Equipment that is unsafe and could cause injury is to be removed and no one should be able to access it.

School Sports' Premium

At Walmley Infant School we will use the School Sports Premium to promote and help children get an active start in life. It will be spent on physical education and sports provision throughout the school. The money will be used to

- Engage children in regular physical and healthy activity.
- Raise the profile of P.E, physical activity and sport across school and use it as a tool for whole-school improvement.
- Increase the confidence, knowledge and skills of all staff in teaching P.E. and sport.
- Create a broad range of physical and sporting activities for children
- Increase participation in physical activity and sport.

The money spent will ensure any improvements are sustainable and have an impact in the implementation of PESSPA within the school.

UN Convention on the Rights of the Child

In September 2017 Walmley Infant School gained recognition as a UN Rights Respecting School.

The Convention has 54 articles that cover all aspects of a child's life and set out the civil, political, economic, social and cultural rights that all children everywhere are entitled to. Those particularly pertinent to the teaching of PE are as follows:

Article 24 - the right to the best possible health

Article 27 - the right to have physical, social and mental needs met

Article 28 - the right to education

Article 29 - the right for education to develop every child's personality, talent and abilities to the full

Article 31 - the right to relax and play

Article 36 - the right to be safe

We aim to respect and promote the rights of all children in school through the teaching of PE.

RISK ASSESSMENT

P.E and School Sport	It is recommended that AfPE's 'Safe Practice in Physical Education, School Sport and Physical Activity' 2020 Edition is consulted for further guidance.		Compiled by - Wendy Walmsley
	Qualification required to deliver P.E.		Date completed February 2023
	Qualified Teacher Status or Level 2 Coaching Award		Date of review October 2025
Step 1 List potential hazard here	Step 2 List groups of people at risk from hazards. Including those most vulnerable:	Step 3 List existing control measures or note where information may be found:	Step 4 Severity of risk 1=low 2=moderate 3=high
Injury	Staff and pupils	First aid kits to be taken onto the field during lessons. Reception classes will have a teacher and TA with them when they are outside. If a child is injured the TA will administer First Aid. Red emergency card to be taken outside. Staff to send a KS1 child to the office in an emergency with a red card. Office staff to find a first aider to send to the field/playground	2
Slips and trips	Staff and pupils	Staff and coaches to check area. Do not use the area if it is unsuitable and the hazard has not been removed.	2
Muscle damage due to poor warmups.	Pupils	Staff and coaches must ensure children are sufficiently warmed up.	1

Worn and faulty equipment	Staff and pupils	Staff to ensure equipment is safe prior to use. Faulty and unsafe equipment must be removed so it is inaccessible to other staff and pupils. It must be reported to Neil Pettitt, Bursar. PESSPA Lead must also be notified immediately of any faulty equipment. Equipment is checked as part of the annual Health and Safety check.	2
Hit by throwing implement while competing/practising or when spectating.	Staff and pupils	Correct teaching of skills and techniques. Pupils to follow rules and staff will have high expectations of behaviour. It is the class teacher's responsibility to ensure that their children are always in the correct area.	3
Staff not qualified to teach P.E.	Pupils	All staff teaching P.E. must have QTS or level 2 coaching qualification in the area they are teaching. Student teachers on placement must not be left to teach P.E. alone. A teacher must be present at all times.	1
Carrying equipment	Staff and pupils	Pupils are taught how to carry equipment. Pupils and staff are to bend their knees and keep their back straight when lifting and carrying equipment. The minimum number of pupils required to carry mats, benches and other large pieces of equipment is four. Each pupil holds a corner of the equipment, and they cooperate to ensure they are all safe. Staff must make sure the children carrying the equipment have the space to do so and they are closely supervised. Members of staff are to seek assistance when carrying large or heavy pieces of equipment, for example, benches.	3

Equipment	Staff and pupils	All staff are responsible for checking the safety of the equipment they are to use with the children. If equipment is damaged it must be removed and be made inaccessible to the children. The PESSPA lead and Bursar are to be notified of any damaged or unsafe equipment. Staff are to ensure the correct equipment is being used for the correct sporting activity. All equipment is to be returned and stored in the correct place when it has been used.	2
Injuries due to inappropriate wearing of clothing, footwear, jewellery, long hair....etc	Staff and pupils	Staff to check children are following school guidelines set out in the PESSPA Policy. Ensure appropriate footwear and clothing is worn for the activity. Ensure all jewellery, hair accessories are removed and long hair is tied back. Glasses to be removed if it is safe to do so. Watches are to be removed.	2
Medical Conditions/S.E.N./ Disabilities	Staff and pupils	All staff to be aware of any medical conditions S.E.N. or disabilities of the children they are teaching. Inhalers are to be taken into the playground/hall/field during lessons.	2
Collisions	Staff and pupils	Give clear safety instructions, children to look where they are going at all times. Control speed and movement if needed. All children to stop and sit down if a collision has occurred. Teacher to seek help from a first aider if they are on their own using the emergency card as detailed above.	3
Injury to children from adult participation	Pupils	Adults to demonstrate activities to children for teaching purposes only. Adults are not to actively participate alongside children	2

Potential hazards in the environment	Pupils	Staff to highlight potential hazards in the playground/hall/field that could cause injury. Children are to keep away from these hazards. Some hazards to make the children aware the quiet area, tunnel, serving hatch, tables...etc	2
Unable to see children on the field	Staff and pupils	Pupils to be contained in a marked-out area using cones if required. Notify children of the boundaries.	1
Stinging nettles/plants	Staff and pupils	Lessons to take place away from the perimeter of the field incase stinging nettles are growing. Children are to keep away from other plants and told not to pick them.	1
Extreme weather	Staff and pupils	School events may be cancelled due to the weather forecast. Lessons will move inside and take place in the hall if they are unable to be taken outside. If the hall is in use the lesson will be moved to a time when the weather is more suitable or a classroom based lesson will take place that promotes PESSPA.	1
Medical needs	Staff and pupils	All staff are to be aware of the medical needs of the class they are teaching. Inhalers must be accessible during lessons. Medical information or other relevant information will be passed on to visiting staff/supply staff.	2

Dehydration	Staff and pupils	Children to have access to their water bottles during P.E. and school sports activities.	1
Fire	Staff and pupils	Children and staff to be aware of the exit procedures in the case of an emergency. Staff to know where to assemble in the playground in the case of an emergency evacuation. Emergency evacuation procedures are displayed in the hall. They should make their way to the playground and stand in the position that their class usually stands in if evacuation is necessary. Children must not stop to put shoes and socks on if the fire bell goes but leave the hall immediately. Staff to make children aware of any hazards as they leave or if they see any.	1
Emergency Procedures	Staff and children	All staff to be aware of the emergency procedures. Staff with First Aid training will be summoned. Red emergency cards to be sent to the office stating where the emergency is. Office staff to find First Aider.	2
Poor staff knowledge	Children	Staff requiring professional development will be offered additional training where possible. They will be given the opportunity to observe more experienced teachers.	2

After School Clubs

Step 1 List potential hazard here	Step 2 List groups of people at risk from hazards. Including those most vulnerable:	Step 3 List existing control measures or note where information may be found:	Step 4 Severity of risk 1=low 2=moderate 3=high
Coaches	Pupils	Coaches must have at least Level 2 coaching certificates to run a club. Bursar/Senior School Secretary to check certification and DBS	1
Medical needs	Pupils	Coaches must be told of any medical needs of the children attending clubs e.g. Diabetes. Children to have access to their inhalers. Coaches to be made aware of any children who have SEND.	2
Not read the risk assessment.	Pupils	All coaches coming into school need to read and sign to acknowledge they have read the risk assessments and PESSPA policy.	1
Lost children/ children going home with the wrong adult.	Pupils	A register must be taken at the beginning of each club. Children will be dismissed by the sports' coach, initially under the supervision of a member of school staff who is familiar with dismissal procedures to ensure children are collected by the correct adult.	2
Equipment being brought into school	Pupils	Coaches must check any equipment they have brought into school to use with the children to ensure it is safe. Children must be taught how to use the equipment safely.	2

External Events

Step 1 List potential hazard here	Step 2 List groups of people at risk from hazards. Including those most vulnerable:	Step 3 List existing control measures or note where information may be found:	Step 4 Severity of risk 1=low 2=moderate 3=high
Approval of events	Staff and pupils	Educational Visits Approval Form to be completed prior to the event. Approval for attending the event must be ascertained from the Head Teacher.	1
Consent Forms	Pupils	All children attending any external event must have written permission to do so from their parent/guardian. This can be done via Tapestry.	2
Medical needs	Pupils and staff	Staff attending the event must be aware of any medical needs/behaviours/SEND. Inhalers/Epipens/Diabetes kits must be taken to the event in case they are needed. A school emergency inhaler is to be taken with a list of those with permission to use it. First Aid kits are to be taken.	2
Emergencies and contact details	Pupils and staff	Staff to take mobile phones to events for use in emergency only. Staff to take back-pack with emergency numbers on.	2
Contact details	Pupils and staff	If children are being collected from the event staff to have the contact details of the children. Staff on the trip to have each other's numbers.	2

Safe arrival at event and arrival back at school	Pupils and staff	Lead member of staff to phone school when they have arrived at the event. School to be phoned when leaving the event and five minutes before arriving back at school to ensure easy access to school for staff and pupils. If children are being collected from the event the events' lead will phone school when all children have been collected. If it is an after-school event, the visit leader will arrange which member of the leadership team they should contact to convey this information.	2
Lost children	Pupils	A register of the children attending the event must be made. A copy of the register is to be given to the school office prior to leaving school. Children must be counted regularly and a register taken when back in school prior to being dismissed or going back to the classrooms.	2
Toilets	Pupils	Only staff from Walmley Infant School with DBS are to take children to the toilet at an event. Boys will use the women's toilet if a male member of staff is not on the trip.	2
Children being sick, wetting or soiling	Pupils	Spare clothes for both boys and girls will be taken to the event in case they are needed.	2
Not being familiar with the risks	Staff and pupils	Organisers will be asked to send risk assessments of the event to the events' lead. Risk assessment to be read.	2
Not knowing who is going on the trip	Pupils	A register will be taken before children leave the school. A copy of this will be given to the school office before the staff and children travel to the event. A register will be taken on return to school or parents will sign the register to say they have collected their child.	2

Dismissal from the event	Pupils	Parents/carers to be reminded of where they need to collect their children from and the time they need to collect their child. Parents/carers to sign to say they have collected their child from the event. Children are to be made aware of the dismissal routine.	3
Inappropriate clothing, jewellery, hair slides, glasses...etc	Staff and pupils	Please refer to the PESSPA policy on correct kit. Children without the correct kit will not be able to attend the event.	3
Unsupervised children	Pupils	Children are to be supervised at all times. The ratio of adults to children will follow guidelines set out in our Educational Visits Policy. Nursery: 1:3 Reception 4 years old: 1:3 Reception 5 years old: 1:5 Years 1 and 2: 1:6	
Digital Imagery/photographs	Staff and pupils	Staff to ensure they know who has given permission for their child's photograph to be taken by e.g. press. No photographs are to be taken of the children if there is not permission to do so or the staff member does not know if a permission is in place. All photos for school use must be taken on school equipment e.g. an Ipad.	
Moving from the event to transport and vice versa	Staff and pupils	Please see separate Risk Assessment for coach /minibus travel.	