



MICKLEOVER PRIMARY SCHOOL

Name of Policy: Physical Education, School Sport and Physical Activity (PESSPA)

Date of Policy: March 2026

Member of Staff responsible: Mrs Kate Wright

Review date: March 2027

Signature: _____

Chair of Governors

Date Approved: _____

At Mickleover Primary School

We are:

Motivated to learn

Proud of our achievements

Successful and skilled for life



PHYSICAL EDUCATION, SCHOOL SPORT & PHYSICAL ACTIVITY POLICY

INTENT

The intent of our PE curriculum at Mickleover Primary School is to deliver a curriculum which is accessible to all and that will maximise the development of every child's ability and achievement in the area of PE. We have aimed to build a curriculum that encourages and provides opportunities for all children to lead healthy, active lives. At Mickleover Primary School, it is our intention to develop a lifelong love of physical activity, sport and PE in all young people. We aim to install a positive and healthy physical and mental outlook in our pupils, and help them to develop essential skills like leadership and teamwork. Within each lesson, we strive to give every child the opportunity to develop skills in PE, consider the impact on their health and fitness, compete/perform, and evaluate; using our head, heart and hand objectives. Our aim is for teachers to have the knowledge and skills they need to feel confident in teaching all areas of PE, regardless of their main areas of expertise. All lessons are carefully differentiated which helps to ensure that learning is as tailored and inclusive as possible. It is also the intention of MPS to ensure that every child has access to a minimum of 2 hours of physical activity every week, compromising of PE lessons and other physical activities throughout the school day.

Physical Education is the content taught in PE lessons within the curriculum. Physical activity relates to any other activities within the school day which develop the children's physical skills and fitness. School sport includes any sporting extra-curricular clubs and sporting events that pupils attend.

PHYSICAL EDUCATION CURRICULAR AIMS

- To develop competence in physical skills
- To excel in a broad range of physical activities, learning how to use them in different ways and to link them to make actions and sequences of movement.
- To be physically active for sustained periods of time.
- To develop increasing ability to select, link and apply skills, tactics and compositional ideas in competitive sports and activities.
- To develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.
- To lead healthy, active lives, developing an understanding of the effects of exercise on the body, and an appreciation of the value of safe exercising.
- To develop the ability to work independently and in a team, and communicate with and respond positively towards others.
- To promote an understanding of safe practice, and develop a sense of responsibility towards their own and others' safety and well-being.

TEACHING AND LEARNING IMPLEMENTATION

Across all areas of the PE curriculum, our planning offers a coherently planned sequence of lessons to help teachers ensure they have progressively covered the requirements of the PE National Curriculum. Our schemes of work include planning resources from the Derby County Community Trust, adapted Twinkl schemes, Soccer Stars games planning and teachers own planning based on the PE progression map. All of our schemes of work provide the opportunity for progression across the full breadth of the PE National Curriculum for KS1 and KS2 and match our PE progression map. This progression is clearly identified on the planning and each lesson has been carefully planned to match these with clear objectives related to Head, Heart and Hand skills.



Pupils usually take part in two high quality PE lessons per week. In EYFS and KS1, the focus of the PE curriculum is on the development of the fundamental skills that will be built upon in KS2 and applied in specific sports in Year 5 and 6.

In the EYFS and KS1 pupils are taught knowledge, skills and understanding through the following areas of activity:

- Gymnastics
- Dance
- Games
- Athletics
- Fitness

At KS2 pupils are taught knowledge, skills and understanding through the following areas of activity:

- Gymnastics
- Dance
- Games
- Athletics
- Outdoor and Adventurous activities
- Swimming and water safety (Y3 – up to 12 lessons)
- Fitness

Year 5 pupils are offered a 5 day extended visit to a PGL centre, where they participate in a range of OAA activities.

There is a structure to every lesson sequence whereby prior learning is always considered and opportunities for revision and practise are built into lessons. A balance of individual, paired and group activities, in co-operative, collaborative and competitive situations, aims to cater for the preferences, strengths and needs of every pupil. Such activities, experienced within a range of areas of activity, aim to promote a broad base of movement knowledge, skills and understanding. They also enable pupils' to develop the ability to work independently, and to respond appropriately and sympathetically to others, irrespective of their age, gender, cultural or ethnic background.

The activities offered and the teaching approaches adopted seek to provide pupils with opportunities to develop their creative and expressive abilities, through improvisation and problem-solving. Pupils are encouraged to appreciate the importance of a healthy and fit body, and begin to understand those factors that affect health, wellbeing and fitness.

Swimming and Water Safety

Swimming is a statutory area of the PE national curriculum and all pupils at Mickleover primary school have access to swimming instruction in KS2

The national curriculum aims are to teach pupils to:

- swim competently, confidently and proficiently over a distance of at least 25 metres
- use a range of strokes effectively such as front crawl, backstroke and breast stroke
- perform safe self-rescue in different water based situations.

Swimming takes place at Lonsdale pool for Year 3 pupils, for 10 weeks of the year.



Lessons are planned and delivered by the pool provider's swimming instructors and class teachers support the sessions. Our school has a good oversight of what is taught and how it is taught.

The instructors provide pupil assessments at the end of each term and we decide if we will use some of our PE and sport Premium grant to provide further lessons for those pupils who have not reached the national expectation.

Water Safety is also taught by the swimming instructors and also by class teachers as part of our PSHE curriculum.

EQUAL OPPORTUNITIES AND INCLUSION

Through the selection of suitably differentiated and logically developed tasks, it is intended that pupils, irrespective of their innate ability, will enjoy success and be motivated to further develop their individual potential. Activities are made available to all through differentiation in teacher planning. It is the policy of Mickleover Primary School to ensure that every child receives an equal opportunity within PE activities, regardless of race, gender, ability or Special Educational Needs.

The way PE is taught is central to ensuring enjoyable, positive, and meaningful experiences for all pupils.

Teachers should ensure that all pupils are welcomed into PE and should adopt specific strategies for including all pupils. Stereotyping through gendered activities and approaches should be challenged to ensure that all pupils are able to participate without fear or prejudice.

SPECIAL NEEDS

Any children who are identified as having 'special needs' are given the help and support that they require. Where children have a degree of physical or behavioural difficulties, they should be encouraged to participate in PE activities with help from others and physical tasks adapted to their need.

TIME ALLOCATION

Mickleover Primary School aims to provide all pupils with at least 2 hours of quality PE in school sport, through the curriculum, extra-curricular opportunities and lunchtime activities. These are detailed below.

The following table shows the allocated minutes per week of PE per pupil, for each year group, each term:

	Autumn	Spring	Summer
Reception	100	100	100
Y1	120	120	120
Y2	120	120	120
Y3/4	120	120	120
Y5/6	120	120	120

Note that this table does not include daily active playtimes or extra-curricular opportunities.

IMPACT - ASSESSMENT AND MONITORING OF PE

Each teaching unit is matched against the progression map to ensure that learners develop detailed knowledge and skills across the full breadth of the PE curriculum through engaging and age-appropriate curriculum content. The high quality and consistent approach to PE teaching, significantly improves attainment in knowledge and skills in PE. From our lessons, children learn to take responsibility for their own health and fitness, many of whom also enjoy the success of competitive sports. We equip our children with the necessary skills and a love of sport, whilst encouraging them to reflect on their own learning.



All teachers carry out informal observational formative assessments of pupils that inform their future planning. These are recorded on the year group PE assessment sheets which are then passed onto the next teacher at the end of the year. In the Summer term teachers use their on-going assessment to form a summative assessment for each child which is recorded on Sonar (the school's online assessment record).

Planning is monitored and lesson observations/drop-ins are made by the PE leader and SLT. Class swaps provide an opportunity to check levels of attainment and progression throughout the school. Discussions with pupils also deepen the PE leaders understanding of PE throughout the school. Issues arising are discussed with staff individually and / or at staff meetings. The PE Lead annually evaluates the subject as a whole and prepares a new development plan.

SCHOOL SPORT, EXTRA-CURRICULAR AND PHYSICAL ACTIVITY OPPORTUNITIES:

The purpose of additional physical activity activities is to:

- Extend children's learning
- Raise standards in PE
- Provide for all abilities
- Encourage fitness for life and increase daily physical activity
- Provide opportunities for inter / intra school competition (festivals, leagues etc.)

We aim to offer school sport and physical activity opportunities through:

- Lunchtime and playtime equipment
- The Daily Mile
- Lunchtime and After-school multi-sport clubs ran by external coaches
- Attendance at inter-sport competitions led by Derby County Community Trust
- Physical Activity days within school
- Pupil premium sports clubs
- Targeted sports clubs
- Outside agencies delivering some PE lessons

LUNCHTIME/PLAYTIMES:

All pupils have regular access to lunchtime games activities. Both KS1 and KS2 children have access to PE equipment 5 lunchtimes per week. KS1 pupils are supported by mini-leaders (Y5 pupils), who encourage them to play games with the equipment.

Throughout the year we also organise lunchtime extra-curricular clubs for pupils. The aim of these is to encourage pupils to experience different sports, to promote wellbeing and develop a love of being active.

Structured active morning playtimes mean that all children have the use of equipment such as balls, ropes, French skipping, bean bags, on a daily basis.

LEADERSHIP OPPORTUNITIES THROUGH ACTIVITY:

We encourage children in Years 5 to take part in the Derby Mini Leader Scheme, by training them to help deliver lunchtime activities. There is an annual programme of training, involvement and recognition of their work through achievement assemblies.

THE DAILY MILE

The Daily Mile provides a fun, regular 10 minute exercise, to encourage physical activity. Teachers are encouraged to take their class out at least once per week to do the Daily Mile. As well as improving physical activity, the daily mile is proven to enhance concentration back within the classroom.



LUNCHTIME AND AFTER-SCHOOL CLUBS

Throughout the year, we organise a range of extra-curricular sports clubs to increase the pupils' participation in physical activity. All KS2 pupils take part in a lunchtime multi-sports club which is free of charge. Less active and Greater Depth pupils are also identified and we aim to provide additional sporting experiences for these.

We also work with external companies, such as Soccerstars, to arrange fee-paying extra-curricular clubs throughout the year.

INTER-SPORT EVENTS

MPS pay an affiliation fee to Derby County Community Trust. They provide a calendar of sporting festivals on competitions which we can attend. These events provide pupils the opportunity to compete, try new sports and deepen their love of being active. Attendance and results from these events are celebrated in whole-school assemblies and photographs are displayed within school.

PHYSICAL ACTIVITY DAYS AND SPECIAL EVENTS:

Physical activity is also promoted through Health and Fitness events, such as Sport Relief, Sports Days, 'Walk to School Week', 'Bike to school week', sponsored events and Healthy lifestyle weeks/days.

Physical activity days, where children are offered a range of sports; also promote healthy lifestyles and encourages participation in a variety of sports.

SCHOOL-CLUB LINKS:

The school has contact with Soccerstars, Derby City Gymnastics, Dance Beats and the Derby City Community Trust. These contacts provide us with extra curricular activities and staff training opportunities.

Any Sport coaches or leaders that are running extra curricular activities must provide evidence of Risk assessments, DBS check and Insurance forms.

An induction pack will be sent to each organisation before the club commences which will contain key policies and internal processes.

Support Staff

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

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

- support the delivery of high quality PESSPA
- enrich or enhance an activity pupils are undertaking
- provide training opportunities for staff linked to PE and SS Premium Funding (key indicator 1)
- provide additional opportunities for extra-curricular experiences.

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 PE is in line with current statutory requirements and recommended good practice.

They may work alone if competence has been monitored by the PE Lead and SLT but will be managed effectively by the teacher, PE Lead or SLT. The teacher always maintains overall responsibility for what is taught and the conduct, health and well-being of the pupils.



The head teacher maintains responsibility for safe recruitment procedures, disclosure certification, possession of a governing body of sport certificate/licence, where relevant, and confirming authenticity of all external coaches.

SAFETY IN PESPPA

PE LESSONS

Class teachers and adults others than teachers are responsible for the safety of the children in their care. We follow the PESSPA guidance provided by the Association for Physical Education (afPE); '*Safe Practice in Physical Education, School Sport and Physical Activity*'. This is a comprehensive guide to safe practice and managing risk in PESSPA and all staff have online access to this.

All staff sign to acknowledge the contents and location of this document online and refer to it regarding any aspect of health and safety.

Staff will follow the Safe Practice: in Physical Education, School Sport and Physical Activity handbook (log in sent to all teaching staff via email and available from PE Lead and Mrs Price) and ensure that:

Equipment and Teaching Area

- The teaching area and equipment are assessed for safety prior to a lesson.
- The teaching area is continually monitored to ensure that it is safe. This is particularly important during outdoor sessions on the playground or field where the surface may change due to adverse weather conditions.
- Children are taught how to safely get out, carry, use and put away equipment- no pupils are allowed in the equipment store unsupervised
- Any problems with unsafe or damaged equipment are to be removed to the office and reported to the Site Manager by email. If the equipment cannot be removed immediately a sign must be attached to ensure that it is clear that this equipment must not be used.
- The large gymnastics apparatus is inspected annually by an outside body. (Certificates are held by the site manager.)
- Staff are aware of the fire procedures when leaving the hall
- Staff are aware of the lockdown procedure both when in the hall or on the playground/field.

First Aid

- If there is an accident then the child should, when possible, be sent to the school office where there is always a trained first aider.
- If the injured child is unable to walk to the office or has a head injury then another child should be sent to the office to ask for a first aider to come to the hall/playground/field.
- Accidents in PE should be logged in the accident book and parents should be informed by the office by either phone call or accident slip.
- Children's inhalers are kept in classrooms and are to be taken to any physical activity.
- Sun cream will be provided by parents and will not be applied by staff. Children will be reminded and encouraged to reapply. KS1 parents will be advised to apply suncream before school.



Personal Effects

- Personal effects, such as jewellery, (including body piercings), religious artefacts, watches, hair slides, and sensory aids including glasses, should ideally always be removed to establish a safe working environment.
- If items cannot be removed, staff need to take action to try to **make the situation safe**.
- Medical bracelets – should be covered with tape, padding or a soft, sports-style wristband.
- Wristbands monitoring activity (e.g. a fitbit), must be covered with a fabric sports wristband or similar padding, otherwise removed.
- Earrings – students are allowed to tape earring for the first eight weeks after piercing. This must fully cover the earlobe (front and back). Any time after this is to be with consent of the head and written confirmation from parents. This taping may be done at home for younger children or prior to the lesson for older students. Staff are not to tape earrings for students.
- Where a school accepts taping, the teacher supervising the group has the legal responsibility to ensure the taping is fit for purpose. If the teacher considers the taping to be unsatisfactory to permit safe participation, they will need to make adaptations in terms of how the pupil takes part in the practical aspects of the lesson.
- Sensory aids – the decision as to whether it is safe or possible to wear glasses or hearing aids will be determined by the nature of the activity. Where sensory aids need to be worn for safe participation by the individual, then the staff need to amend the activity or the equipment to make the activity as safe as possible.
- Religious artefacts should be removed or made safe. Where removal is expressly forbidden (eg the Sikh bangle) then they must be taped or covered by suitable padding.
- Staff also need to be mindful of their own personal effects and remove them prior to teaching PE.
- Long hair must be tied back.

Clothing and Footwear

- Correct PE kit and footwear is worn (see school booklet)
- Tracksuits (or similar clothing in line with school policy) is permitted for outdoor PE.
- Trainers, (and when necessary football boots) are worn outdoors and for specified indoor activities such as skipping or line dancing. Children have bare feet for gymnastics and most dance activities. (Please see PE co-ordinator for clarification.)
- Children should never participate in just socks or tights but trampoliner style socks may be worn for indoor gym activities. The teacher is responsible for checking the suitability of these socks.

Children will only be excused from PE with a written letter from parents unless it is at the teacher's discretion.

In PESSPA, safe teaching is achieved where there is a balance between appropriate challenge and acceptable risk and the likelihood of injury occurring is minimised.

A logical and structured approach to preparation, referred to as “**forethought**”, is an essential part of effective teaching, managing and learning.

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

During the thorough risk assessment of the school, which is carried out on a termly basis (in line with the statutory requirements under the Management of Health and Safety at Work Regulations 1999), significant risks are reported to the head teacher.



Risk assessments for the hall and outside area for PESSPA can be found in the whole school Health and Safety Policy.

Teachers are also encouraged to carry out dynamic risk assessments prior to every PESSPA lesson. This will involve a quick overview of the teaching environment and equipment, which is then matched with the planned lesson content to assess whether it is safe to proceed or an alternative approach should be used.

SWIMMING

- Whenever students are in water, and for all aquatic activities, a suitably qualified adult should be present at the poolside who is able to effect a rescue from the water.
- Staff, AOTTS and children should be aware of emergency procedures at the swimming baths
- Students wear swimming hats.
- Swimming goggles may be worn and should be made out of unbreakable plastic or rubber materials
- The teacher is not responsible for fitting or adjusting a student's goggles.
- Teachers may remove a student's goggles for reasons of safety if they are constantly adjusting, removing and replacing them.

SPORTING EVENTS OUTSIDE OF SCHOOL

- Transport to/from sporting events – parents are responsible for their own child's travel arrangements (unless transport is being organised by school). Responsibility of care during the journey rests with whoever transports the child. If a parent is unable to transport their child, they are to make arrangements themselves for their child to travel with another parent.
- If pupils are being transported to a sporting event on a coach or minibus then the relevant risk assessments must be completed and insurance forms collected.
- See Appendix 1 for checklist of requirements before setting off for a sporting event.

PHYSICAL ACTIVITY

- Playtime and lunchtime equipment should be checked as it is put out. Any faulty equipment should be removed and reported to the site manager.
- See Lunchtime Risk Assessment document and Lunchtime checklist for more information.

EXTRA CURRICULAR CLUBS

- Any staff, including external sport coaches, should ensure that there is sufficient supervision for the number of pupils present
- All external coaches should be first aid trained and bring their own first aid box. If an accident occurs they must inform the office of the details. For major injuries a child should be sent to get a member of staff. They are responsible for reporting to RIDDOR if applicable.
- When an extra-curricular club is led by a member of staff or volunteer organised by the school they should follow the safety rules as outlined in PE lessons. If there is no first aider in the school office there will always be a first aider present at the before or after school club based in the hall.

THE ROLE OF PARENTS AND AOTTS (ADULT OTHER THAN TEACHER)

Any parent or AOTT helping with PE activities, such as swimming, or running an out-of-hours-club, must have all relevant checks before helping in school. Any adult taking an activity is interviewed by the Headteacher to check for qualifications, experience and suitability.

RESOURCES AND EQUIPMENT

The PE co-ordinator makes an annual audit of equipment and resources, providing an up-dated list to staff. All lost or damaged resources need to be reported to the site manager. The co-



ordinator requests replacement or new items of equipment as required in consultation with the Headteacher.

All equipment is kept in the outdoor containers or the PE store next to the hall – all heavy items are to be stored on the floor or lowest shelves. Large apparatus is stored around the hall. Mickleover Primary School follows the whole-school approach to gym apparatus layout and storage, as recommended by the City School Sports Partnership.

THE LEARNING ENVIRONMENT

The school hall is used for a range of PE activities.

The playground is used for PE.

The school has a large field, which is marked out with grids for tag rugby, a 200 metre track for athletics and a rounders pitch.

The class teacher determines if the weather is suitable for outdoor activities.

Swimming lessons take place weekly at Lonsdale pool for Y3 – 10 sessions per class.

STAFF DEVELOPMENT

The school is part of the Derby City SSP (School Sports Partnership), which provides training for all staff in a range of areas.

Any staff requiring training or support in PE can approach the PE Leader or Headteacher. The PE Leader ensures that staff has the opportunity to benefit from training days and workshops provided by the sport partnership. Regular staff training will be identified in the annual development plan.

CURRICULUM LINKS

Whilst retaining its unique contribution to a pupil's movement education, PE also has considerable potential to contribute to much wider areas of learning. Our half-termly topic planning will include references to links with PE wherever possible. As well as dance themes reflecting topics, links can be made to other areas of the curriculum such as:

- Computing - performances recorded using photography and video for use in self-evaluation and demonstration of good practice, or for visual stimuli
- PSHE (Personal, Social and Health Education) – leading, managing, co-operating and decision making skills - an integral part of PE
- SCIENCE – planning, predicting and testing ideas; health and fitness – learning about the body
- LITERACY – asking relevant questions; communicating ideas; listening skills
- NUMERACY – counting, measuring, calculating – distance, time, repetitions.

APPENDIX 1

Checklist for attending Sporting Event outside of School

Name of event:	Location:
Date:	Lead member of staff:
Insurance forms collected for all children attending event (including contact numbers)	



Risk assessment for event (plus bus risk assessment if necessary)	
Evolve completed (if during school hours)	
First aid kit	
Any individual medical equipment, e.g. inhalers, epi pens.	
School office have a list of pupils that you are taking	
Do all of the children have consent for photos to be taken?	
School office have an up-to-date phone contact for the lead member of staff	
Do the children have the correct clothing/equipment for the sporting event?	