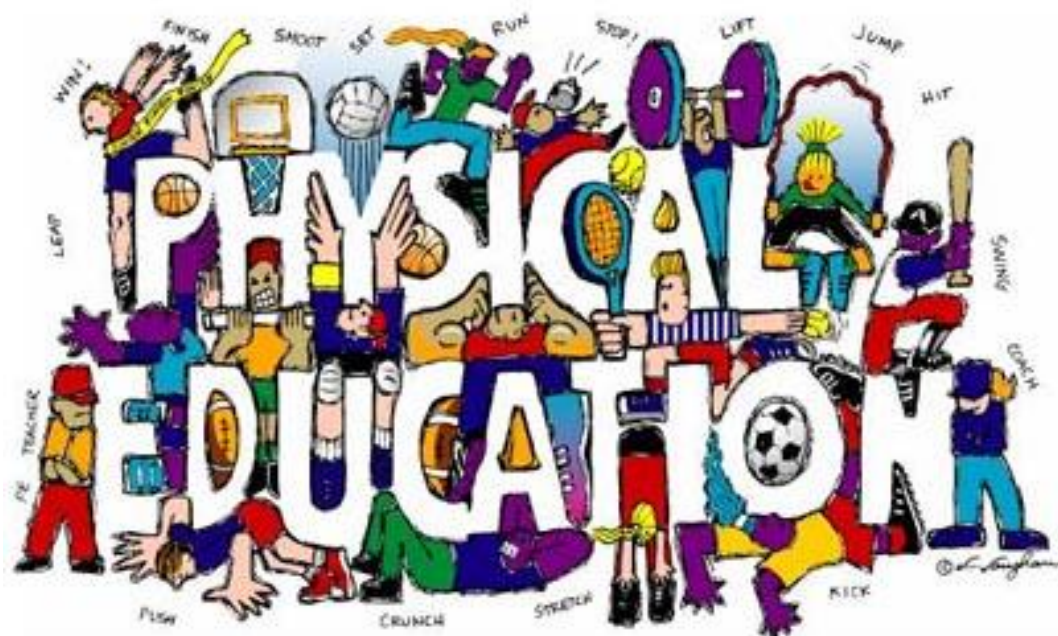


***A Short Guide to our
PE and School Sport
Curriculum***

**Norton Free
Church of England
Primary School
2019-2020**



Our Vision for PE:

'To challenge every child to fulfil their physical potential and to lead active, healthy lifestyles, whilst having fun'.

Background: Our School has signed up to the Sheffield PESSPA Alliance (Physical Education, School Sport and Physical Activity) Pledge in Sheffield. We are a physically active school and PE and School Sport is a **highly valued** part of our curriculum and has a very **high profile within school**. **Physical activity** is at the **heart of school life** and is central to everything we do. We are a Healthy School. Being healthy and active is a key to personal development. We use PE and School Sport as a **tool for whole school improvement** and we firmly believe that children are better equipped to learn if they are both fit and healthy.

PESSPA Pledge

Physical Education	School Sport	Physical Activity
1. Physical education, school sport and physical activity are an integral part of our school improvement culture.		
2. Our physical education, school sport and physical activity offer is inclusive and engages all pupils including the least active.		
7. Our school is committed to continually developing confidence and competence of teachers and wider school staff to enable them to deliver high quality physical education, school sport and physical activity.		
8. Our children and young people have the opportunity to learn to lead through physical education, school sport and physical activity.		
10. Our school evaluates the indicators of health and well-being for our children and uses this to inform the development of health and wellbeing provision for our school community.		
3. Our school provides two hours of high quality timetabled Physical Education per pupil per week led by a qualified teacher within the curriculum with appropriate support.	9. All children in our school participate in competition.	11. Our school has a targeted approach to improving the level of physical activity experienced by all pupils.
4. Our school works with partners to ensure all children meet the swimming National Curriculum standard before they leave primary school.		12. All pupils have the opportunity to be physically active daily within the broader curriculum, including a variety of light, moderate & vigorously intensities.
5. Physical Education is led by a subject coordinator who is a qualified teacher and supported to engage with external partners to develop high quality physical education, school sport and to promote physical activity.	14. Our school provides a range of sporting opportunities as an extension of the curriculum.	13. Our school supports pupils to achieve at least 30 minutes daily physical activity outside of the school day.
6. Our children receive Physical Education lessons which are quality assured in line with the monitoring of other curriculum areas.		

There is a strong evidence base (Chalkley et al, 2015) which tells us that active children and young people are more likely to have better educational outcomes including;

- improved academic achievement.
- improved cognitive functioning.
- improved attention & concentration.
- suffering less from anxiety & stress.
- improved confidence.
- improved social interactions / peer acceptance.
- improved resilience.
- improved sleep.
- improved physical fitness.



- improved motor development.
- improved classroom behaviour.

However, only around 20% of our children and young people meet daily physical activity recommendations (Sport England, 2018). At Norton Free C of E Primary School we strive to support our children to meet daily physical activity guidelines so that they can all experience the positive benefits of being more active, improving their academic and social outcomes for life. We strongly believe that physical activity and Sport **contributes significantly to the development of the whole child.**

We have seen a direct impact in our school of using physical activity to improve behaviour, focus and brain functioning, memory and concentration. The benefits of being physically active have included:

- Enhancement of self-esteem and building confidence
- Maintaining higher levels of attention
- Makes learning fun
- Increasing brain power



Further Evidence of Success and Achievements at Norton Free C of E Primary School:

- Primary School of the Year Award at Sheffield Active Awards 2019
- Leadership in an Active School Award for Headteacher at Sheffield Active Awards 2018
 - School Games Gold Award for 4 years running
- National Finalists for Milano Gymnastics Competition 2017, 2018, 2019
- Winners of the Swimming Gala - Division B 2019, promoted to Division A
- School Games Gymnastics teams Y3/4 and Y5/6 BOTH 1st March 2019
 - Y3/4 Girls Team win Cross Country Relays 2019
- Top 3 finishers in Cross Country League Y3/4 girls and Y5/6 boys.
- Cross Country City Championships – several children top ten finishers.
- Athletics – 80m Sprint City Champion Y5 and 600m bronze medallist at the City Championships.
 - Runners up in the Raynor Cricket Trophy 2019
- All children in Y4 (2019) able to swim 25m, (additional swimming provided through Sports Premium).
- Winners of the Kinder Cup 2016 and 2017, playing twice at Wembley.



Being active is part of the culture and ethos at Norton Free School. We aim to keep our children active throughout the day not only through PE and School Sport, but by incorporating active lessons and active breaks to increase engagement and enjoyment for our children. We include opportunities for active travel, active challenges (Bike to School week for example), active breaks (the Mile a Day) and active playgrounds. We believe that through sport and physical activity the important attitudinal skills of resilience,

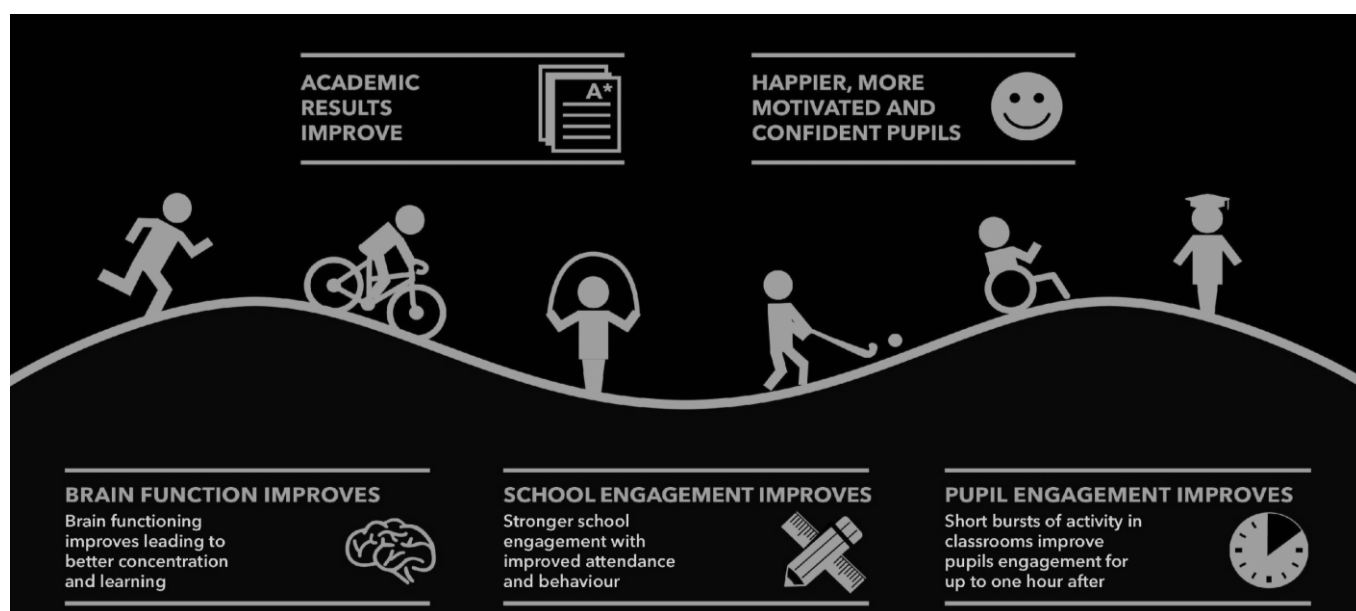
determination, co-operation and perseverance are fostered and developed. We regularly refer to and celebrate these values particularly in Sports Assembly and through our Sports Display Board. Sport and physical activity is also a regular feature of our newsletter to parents. Our whole school values are very closely linked and entwined with the values shared in the School games and these are regularly shared with children in assembly and in lessons. Our Values are:

- Respect
- Cooperation
- Determination (Perseverance)
- Self-Belief
- Kindness
- Resilience

Our School is an inclusive school. All aspects of PE are taught in such a way as to include all children regardless of their gender, background, culture or physical ability. Learning Objectives are set in line with our Special Needs and Equality Policies. Through POINTS, our PE specialist, not only provides CPD for staff, but is also deployed to work with children with specific needs in smaller groups if there is a need. Our children show dedication, teamwork, discipline and stay focused and they support each other to succeed and achieve their very best. They learn to work with others and to be good team mates, gracious in defeat and humble in success. They come back week after week or day after day and give it their 'best shot'.

We aim to be active in our lessons and have incorporated Active Maths and Active English into school to combine movement and learning into maths and English and this has led to improved behaviour and focus amongst the children. We use a variety of techniques to engage the children through active learning including: active learning videos such as Super Movers, Imoves health and well-being, Active Maths/Active English lessons and Go Noodle for example.

Our high quality PE curriculum inspires our pupils to succeed and excel in competitive sport and other physically demanding activities. We encourage all of our children to be healthy and active and to exercise daily and provide opportunities for pupils to become physically confident in a way which supports their health and fitness. In 2016 we replaced our afternoon break with our 'Mile a Day' initiative in response to providing an additional 30 minutes of activity per day for all our children.



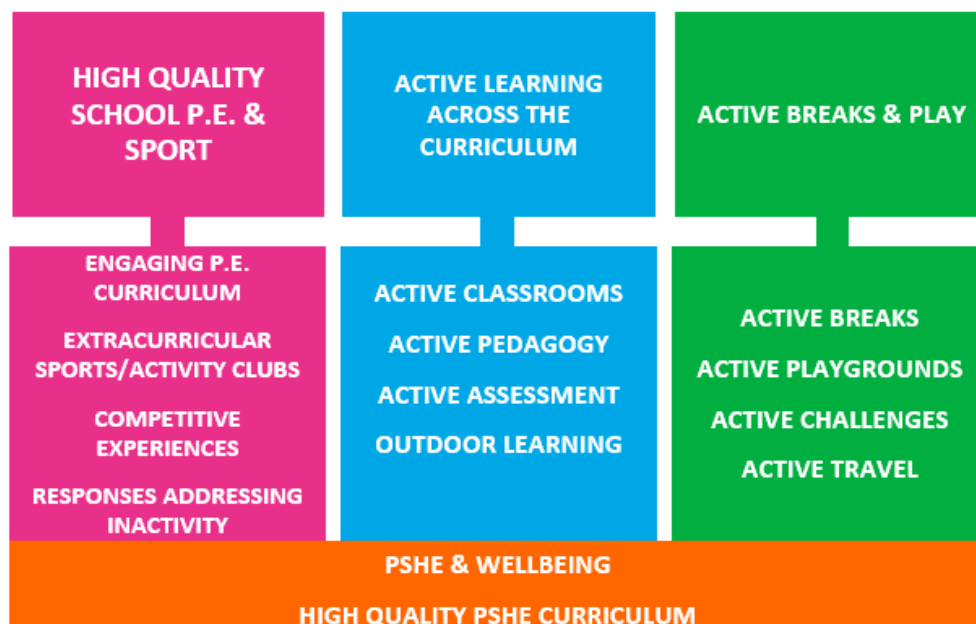
PE, School Sport and Physical Activity as a tool for whole school improvement:

At Norton Free C of E School, we use PE and School Sport as a tool for whole school improvement. The head teacher is the PE Co-ordinator and we are a member of the POINTS network (school Sports Partnership). Regular network meetings are attended which enables the school to keep abreast of current developments in PE and School Sport, Health and Wellbeing. Membership of the POINTS network has also led to collaboration with other schools, training and CPD for our staff and access to a variety of opportunities for our children. Staff have received appropriate training and CPD through POINTS via a specialist sports teacher which has increased the confidence of staff and has also enabled them to run after school sports clubs in school, evidencing sustainability. We now have established sports teams in Gymnastics, Netball, Cross Country, Football, Athletics and Cricket as well as other clubs that we hold if children request it.

In order to continuously deliver a high quality PE curriculum, we use a proportion of the Sports Premium grant to provide carefully planned CPD for staff. Through the Points Learning Network, we use a PE specialist (on a rolling programme) so that staff have regular CPD to support PE teaching. As a result of this professional development, our staff are both confident and able to deliver high quality PE lessons. This CPD is ongoing based on the needs of the class teacher, whether they are new to a Key Stage or new to a year group or whether they lack confidence in teaching a certain area of the PE curriculum. Utilising the Sports Premium in this way makes high quality PE teaching sustainable. In addition, we have a number of clubs and well-established teams running throughout the school day

every day of the week. We are committed to and have agreed to, the **PE pledge for Sheffield Primary Schools** (see page 2). Our school has been successful in a number of competitions and has received awards for PE and Sport provision (see above). We have competed against one another in school, locally against other schools, through the South Yorkshire School Games and nationally... **for a single form entry school**, this is an amazing achievement.

Culture & Ethos – A Whole School Approach



Under the 2014 National Curriculum, PE remains compulsory at all Key Stages. The stated aims of the National Curriculum for PE are to ensure that pupils:

- Develop competence to excel in a broad range of physical activities
- Are physically active for sustained periods of time
- Engage in competitive sports and activities
- Lead healthy, active lives.

Our PE Curriculum:

Our children can expect 2 hours per week of high quality PE lessons based on a well-balanced curriculum which covers the statutory requirements for the EYFS and PE National Curriculum. Children are offered opportunities to experience a wide variety of extra-curricular sports clubs that take place either at lunchtimes, before and after school or as part of a theme day/week. We encourage all of our children to try and be physically active through walking or cycling to school and through our daily Mile a Day initiative in the afternoons. Children are also encouraged to be active at playtimes and the themed days that focus on a particular sport (for example, our Whole School Basketball WOW day when we were visited by a former Harlem Globe Trotter).

The Mile a Day initiative is another strategy we use to keep our children healthy and active. (Further information about our Mile a Day can be found in the Mile a Day booklet available from school). The Mile a Day is varied over each term to keep the children interested and they are encouraged to achieve their Personal Best.

Careful planning of Sports Premium spending also enhances our provision to include additional swimming lessons for children in Year 3 as well as Year 4. We can also provide additional swimming for non-swimmers in Years 5 and 6 if they have not made sufficient progress. Whole school focus days are also used to introduce children to a variety of different sports and where possible, we will invite well known athletes into school. Children are encouraged to compete competitively against other schools in Sheffield and nationally if possible. Children can also make suggestions about a particular sport that they would like to try.

In PE lessons learning takes place across all four strands of the PE National Curriculum, namely- Acquiring and developing Skills, Selecting and Applying Skills, Tactics and Compositional ideas, evaluating and improving performance and knowledge of fitness and Health. PE lessons are not solely focused upon skills acquisition. The National curriculum aims to ensure that all pupils develop competence

- to excel in a broad range of physical activities
- are physically active for sustained periods of time
- to engage in competitive Sports and activities
- to lead healthy active lives

Key Stage 1:

At Key Stage 1, pupils develop fundamental movement skills, become progressively capable and confident and access various opportunities to extend their **agility, balance and coordination**, individually and with their peers as stated in the National Curriculum. They engage in competitive and cooperative physical activities in a range of increasingly challenging situations, vital to their development. Pupils are taught to master basic movement and apply these in a range of activities including:

- Running
- Jumping
- Throwing
- Catching
- Developing balance, agility and coordination

Children are also given opportunities to perform dances using simple movement patterns. They participate in simple team games and develop tactics for attacking and defending. In Foundation Stage, we utilise a sports coach to work alongside the FS teacher and introduce balance bikes to the children.

Key Stage 2:

Pupils continue to apply and develop various skills, learning how to use them differently, and make actions and sequences out of movement. Our pupils enjoy communicating, collaborating and competing with others, and develop an understanding of how to recognise, evaluate and improve their techniques. Pupils are taught to:

- Run, jump, throw and catch in isolation and together
- Play competitive games, modified where appropriate, and apply basic principles to attack and defend
- Develop flexibility, strength, technique, control and balance.
- Perform dances using various movements
- Take part in outdoor and adventurous activities, both individually and as a team
- Compare their individual performances with previous ones to demonstrate improvement so they can achieve to the best of their ability.

Swimming and Water Safety:

The National Curriculum states that 'all schools must provide swimming instruction in KS1 or KS2'.

'In particular, pupils should be taught to:

- Swim competently, confidently and proficiency over a distance of at least 25m.
- Use a range of strokes effectively.
- Perform safe self-rescue in different water-based situations'.

Our children are offered swimming lessons in Y4 and by utilising the Sports Premium, we also provide 18 weeks additional swimming for children in Y3 (and non-swimmers from Y5 and Y6 if appropriate). Children in Y3, Y4, Y5 and Y6 also take part in the annual swimming Gala. In 2019, we were winners of Division B and promoted to Division A – another amazing achievement for our small school. A document outlining progression in PE and Sport across year groups is available from the school if required.

Staffing/Staff Development:

Class teachers take responsibility for planning and teaching the PE Curriculum for their classes. We do not use PPA cover teachers for PE as we believe that PE provides a different environment for teachers to get to know their children. Teachers plan using the National Curriculum as a basis for the PE Curriculum and they have access to the Val Sabin Scheme of work as well as a Scheme of work provided by the Points Learning Network to support their teaching if they feel it is needed. All staff produce a curriculum overview map for their year group which maps out the knowledge, skills and vocabulary they will be teaching over that half term. As stated above, staff are part of a process of Continuing Professional Development, working alongside a PE specialist, on a rolling programme to ensure that they are confident in the teaching of PE, securing their subject knowledge and securing an awareness of health and safety procedures. Staff identify areas of the PE curriculum where they feel they need support and CPD is planned based on their needs and the needs of the cohort (for example, if they change year groups). We have used the PE specialist to support NQTs and more experienced members of staff. We also use training provided through the Sports Learning Network for staff to attend.

The cycle of CPD in school has had a positive impact and equipped many of the staff with the skills to run clubs for children during and after the school day. This has enabled the children to represent the school on many occasions in a number of different sports (cricket, cross country, athletics, football, gymnastics, netball, swimming and so on). Our aim is to ensure that we provide a variety of school sports to enable children to take part in events and City wide festivals. We also utilise (a) coaches who provide links to clubs that run in the community (for example, Graves Tennis Club, Hallamshire Harriers, City of Sheffield Athletics Clubs) (b) coaches provided by Points School Sports Partnership and (c) staff who have an interest or skill in a particular sport and (d) other visiting professionals depending on the particular focus in school (eg former Harlem Globetrotter and Commonwealth competitor for Judo Szandra Sogedi).

The School Games Mark and other Awards:

The Schools Games Mark is a Government led awards scheme aimed at rewarding schools in England for their commitment to and participation in the School Games. Schools in England are able to assess themselves across bronze, silver and gold levels, with external validation of the gold level.

For the past 4 years, we have achieved the School Games Gold Award for PE and School Sport. In 2018 the head teacher received an award from the Sheffield Schools Get Active Awards for leadership of PE in School and in 2019, we were awarded Primary School of the Year in the Sheffield Schools Get Active Award.

Our school has well established and successful teams for Athletics, Cricket, Cross Country, Football, Netball, Swimming and Gymnastics. **The Gymnastics teams and football teams have both competed nationally.**

Assessment of PE:

At the beginning of each year, class teachers assess the children in their class based on the grid presented below. Children are assessed against a 4point scale in terms of their ability in PE and School Sport and their general health and well-being. Children's names are plotted on the grid so class teachers can see at a glance where the most support needs to be targeted in terms of skills and barriers to learning. This enables us to quickly identify the bottom 20% of children and those children are targeted through C4L provision or through specific clubs in school.

At specific points of the year (end of Autumn Term 1, February and July) children are assessed against PITA points as used in other subject areas. A description of PITA points can be found at the end of this booklet. We also have a method of tracking provision for physical activity across the school for example through the use of the Active School Planner. www.activeschoolplanner.org

Initial Assessment for PE/ Health and Wellbeing:

The grid opposite is used for initial assessment purposes in the first half term.

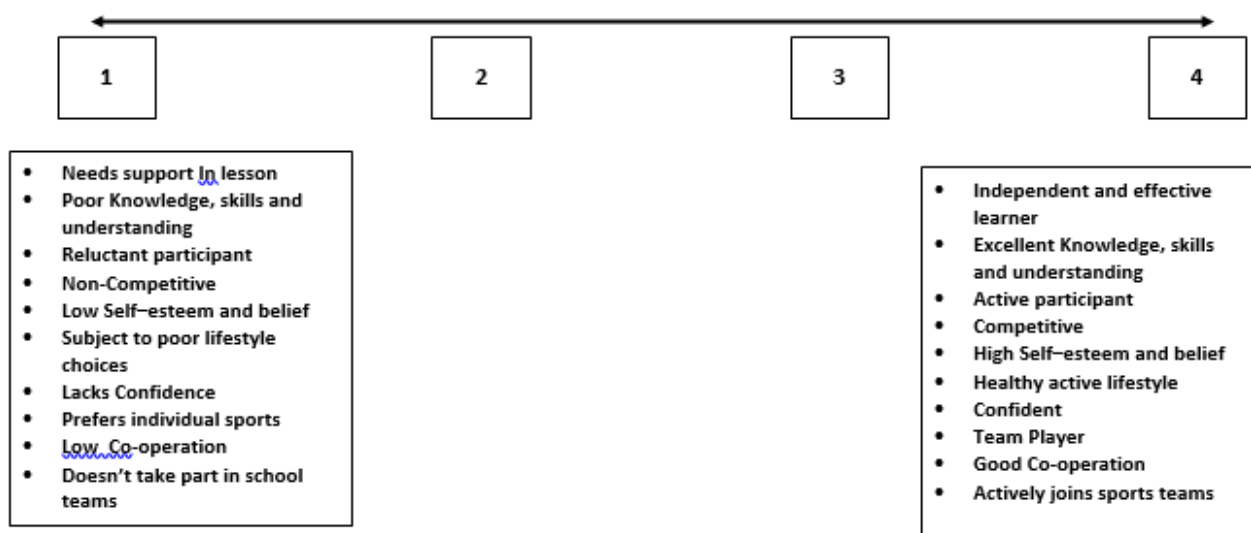
The numbers on the grid for Health and Wellbeing refer to:

- 1: Some barriers exist physically which may affect performance and/or attendance at Sports events (e.g. Visually Impaired/SEND).
2. The child is generally in good health but may be prone to certain illnesses or has an adverse lifestyle.
3. The child is in very good health and parents make good lifestyle choices.
4. The child is in excellent health and has a healthy lifestyle.

Assessment of PE and Health and Well-Being		September 2019		Class _____	
1 Barriers		2 Good	3 Very Good	4 Excellent	
PE AND SCHOOL SPORT	4				
	3				
	2				
	1				
		1	2	3	4
Health and Well-being					

H BELL PE Co-ordinator September 2017

Children who appear in the lowest part of the grid are targeted to take part in C4L which takes place over lunchtime, run by Sports leaders under the supervision of a member of staff. In Terms of physical ability in PE lessons, the numbers refer to a scale reflected in the following illustration.



Celebrating Achievement and Success:

Children's sporting successes and achievements (both in and out of school) are celebrated in a weekly Sports Assembly every Wednesday. Wherever possible, two children are chosen to be 'Sports Personality of the Term'. This award is presented to children who have tried hard to improve, shown good 'sportsmanship' and/or have been a good team player. Parents are invited to attend this assembly if we have something special to celebrate. Photographs of all the activities that children take part in are shared with the whole school during this assembly on a Power Point and many parents contribute to this by providing photographs. There is also a Gallery of photographs on the school website. There are a number of displays devoted to PE in school. We are really proud of what our children achieve and encourage them to pursue their talents through local clubs and opportunities. We also use the website to showcase our achievements and we have added a Gallery of **former pupils** who continue to enjoy PE and School Sport at secondary school.

Healthy Schools Status

Norton Free Church of England Primary School has Healthy Schools Status awarded in 2007 and has a continuous cycle of provision in order to maintain this. The Healthy Schools Co-ordinator (Mr Neilson in Y5)

and the PE coordinator (Head teacher) liaise regularly to ensure that we continue to provide the children with opportunities for high quality PE and School Sport in order to stay fit and healthy. We also hold specific events to encourage the children (for example, cycle to school week). A recent whole school survey (2016) suggests that the majority of children at Norton Free either walk or cycle to school. Our school also holds specific fund raising events that are linked to our aims to encourage children to be fit and healthy. These have included a whole school skipping day with funds going to the British Heart Foundation, a Sponsored Walk, Penalty Shoot outs, a Race for Life to raise money for Cancer Research and a marathon to raise money for the NSPCC.

Health and Safety:

As with all physical activity it is important that certain procedures are followed to minimise the risk of injury. A risk assessment is completed at the beginning of every year and shared with staff. Children are required to dress in shorts, pumps and t-shirts for indoor PE. Tracksuit bottoms and trainers are worn for outdoor PE. Children work in bare feet for gymnastics and apparatus work. Jewellery is not to be worn. If wearing earrings or watches, children are required to independently remove them before the lesson. Long hair should be tied back and rigid head bands removed. Children will be trained to lift and carry any apparatus sensibly into position under adult supervision. The teacher will check it before use. It is the responsibility of the class teacher to be aware of any medical conditions of individual children that exist in their class (such as asthma, diabetes or epilepsy) so they can participate safely and as fully as possible. Inhalers will be taken to all PE lessons.

The School Games:

There are 4 levels of competition within the School Games, which take place over the year and culminate in a national event.

L1 – Intra-School Competition – Sporting Competition for all students held within their school, culminating in a school Games Day.

L2 – Inter-school competition – individuals and teams are selected to represent their schools against other local schools in competitions run by School Games Organisers, with the winning teams progressing to a School Games Festival.

L3 – School Games Festival – regional or countywide festivals and competitions are usually held twice a year to find the best performers in the area as a culmination of school sport competition.

L4 – National multi-sport event – the most talented young people in the UK are selected to compete in high performance venues.

WHAT IS A HEALTHY SCHOOL?

A healthy school is one in which young people feel safe, supported and empowered. It's a place which cultivates the physical, emotional, social and mental health of all staff and pupils.

By fostering health and wellbeing in this way, it positions children to thrive and grow into confident, capable adults.