



# Physical Activity, PE and Sport at Dulwich Wood Primary School

## Aim

To ensure that all aspects of physical activity are promoted for the health and wellbeing of pupils, staff and visitors.

## Rationale

At Dulwich Wood Primary School, we believe that all children should have the equal opportunity to lead an active and healthy lifestyle. **Building Learning Power** underpins our entire curriculum at Dulwich Wood, where the skill of learning is as valued as the learning itself. This policy reflects our school's values in relation to the teaching and learning of PE, not only within the lesson but also within other parts of the school day where opportunities for physical activity arise.

## Curriculum aims

We teach PE in a holistic way which develops the whole child as well as their physical ability. Our 'Real PE' curriculum feeds into the concept of **Building Learning Power**, and focuses on five key aspects:

- **Personal-** aiming to develop children's self-esteem through sport, by learning to set personal goals and targets and beginning to challenge themselves.
- **Social-** enabling children to work together, encouraging them to develop teamwork and leadership skills through sport.
- **Cognitive-** encouraging children to become reflective learners through sport, encouraging them to think critically about their learning and how they can improve their skills.
- **Physical-** teaching children about the role of the body and different muscles in their PE lesson, and promotes exercising safely.
- **Health and fitness-** emphasizing the link between an active lifestyle and a healthy body.

## Curriculum planning and organization

According to the National Curriculum, all children must receive 2 hours of physical education each week, within and in addition to the taught curriculum. In Foundation Stage, Year 1, Year 2, Year 3, Year 4 and Year 6, all classes receive 60 minutes of timetabled PE each week. PE lessons are carried out by a specialist PE teacher, and lessons are planned using the Create Development Real PE and Real Gym curriculums. During cold months, PE is taught in one of our two PE halls. During the summer months, athletics is taught outside in the playground. In Year 5, children attend weekly swimming lessons at Dulwich Prep School.

### In Key Stage 1, children are taught to:

- Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- Participate in team games, developing simple tactics for attacking and defending
- Perform dances using simple movement patterns.

### In Key Stage 2, children are taught to:

- Use running, jumping, throwing and catching in isolation and in combination

- Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
- Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- Perform dances using a range of movement patterns
- Take part in outdoor and adventurous activity challenges both individually and within a team

## Non-timetabled PE provision

In addition to their timetabled PE lessons, children also access at least 60 minutes of physical activity each week. This is achieved by the following initiatives:

- Outdoor play is a core aspect of daily life at Dulwich Wood and children spend up to 60 minutes every day playing outside. We have a large, inviting outdoor play area with many different opportunities for children to be active, including painted playground games, football arenas, hockey areas, basketball courts, climbing wall & climbing frames, and a slope to climb on. Quality of play is supervised by play-leaders who are trained to share out equipment, negotiate conflict and help children play effectively by the PSHE Coordinator.
- Active clubs are also held during lunch times to engage children further with sport.
- We also have a large running track which borders our playground. Our school has adopted the 'Daily-15' initiative, where each class runs around the track for 15 minutes at some point during the school day. The running is non-competitive with an emphasis on exercise for fun and beating your personal best.
- In the Foundation Stage and Year 1, children have constant access to their outdoor areas and also take part in 'Forest Schools'.
- Outdoor learning is promoted each term with an 'Outdoor learning day'.
- All children are actively encouraged to cycle to school through the use of the weekly 'Golden Lock' competition, ample bike storage, and annual 'bikeability' training for children in Key Stage 2.

## PE kit and equipment

In order for children to be safe and comfortable in their PE lessons, all children and staff must be appropriately dressed. The Dulwich Wood PE kit consists of the following:

- A plain yellow round-neck T shirt
- Blue or black shorts or jogging bottoms
- Black plimsolls or trainers
- All jewelry to be removed and long hair tied back

When children are doing PE indoors, they will remove their shoes and socks so that they are not a slip or trip hazard. During outdoor PE, children must wear suitable plimsolls or trainers.

In Year 1 and reception, children may come to school dressed in their PE kit if they wish. However, we believe that it is important that children are able to dress themselves, so from Year 2 they will be expected to change in class.

## After school clubs

At Dulwich Wood, children from Reception to Year 6 have the opportunity to attend a range of after-school sports clubs including multi-skills, football, dance, cross-country running and gymnastics. Club memberships are subsidized to promote equal opportunities for all children. During school holidays, we host clubs and activities run by external providers which are also open to children who attend the school.

## Competitions

We are a member of the London Physical Education and School Sport Network, which gives us access to a variety of sports competitions and opportunities throughout the year. We currently hold a School Games Silver Award for our provision in competitive sport.

## Health and safety

At Dulwich Wood Primary School, safeguarding children is at the centre of everything we do.

### **Before a PE lesson is taught, the teacher will ensure that:**

- The floor has no sharp objects or obstructions
- Equipment is in a suitable condition with no loose parts that might cause injury
- The floor is clean and dry

### **During a lesson, the teacher will:**

- Set clear expectations of listening and behaviour to all pupils
- Where possible, ensure that a first-aid trained member of staff is either present or located nearby
- Where possible, make use of a TA or additional adult to support the learning and ensure that children can perform the tasks safely
- Where necessary, make use of equipment such as mats to prevent children from injuring themselves on a hard surface
- When teaching gymnastics, make sure that they are fully aware of the latest health and safety guidance

### **Extra-curricular PE:**

- A full risk-assessment is completed and shared with senior leaders before all external competitions
- Playground equipment is checked and repaired when necessary
- All external sports providers to sign in and be aware of school safeguarding policy

## Conclusion

A copy of this policy will be supplied to all staff and governors. A full copy will be made freely available to parents on request and if appropriate a summary will be published in the school prospectus and on the school website. Copies will also be supplied to other professionals whose work relates to physical activity or who may be involved in its delivery.

**Next Review Date:** February 2020