



Wheatlands Primary School
Physical Education, School Sport and Physical Activity Policy
November 2025

Rationale

Regular exercise is an important part of a healthy lifestyle. People who lead an active life are less likely to get ill and more likely to live longer. Exercise not only makes you physically fitter, it also improves your mental health and general sense of well-being.

With around one in three children now classed as being overweight or obese by the time they reach age 11, it's more important than ever to get children active. Physical activity in childhood has a number of benefits including healthy growth and development. It helps children maintain a healthy weight and gives them an opportunity to interact with other people and make friends. Activities that put stress on children's bones, including jumping and skipping, can help protect against osteoporosis in later life and develop strong, healthy bones. Physical activity can increase self-esteem, and may reduce stress, anxiety and depression in adolescents.

The health and well-being of children in Redcar and Cleveland is generally worse than the England average. Information produced by South Tees public health officials, as part of plans for a 'healthy weight declaration', show that by year six - the final year of primary school - 16% of pupils in the borough were deemed overweight, with 19% obese and 6% severely obese. In England as a whole 14% of year six pupils in 2022/23 were overweight by this stage, while 17% were obese and, similarly, 6% severely obese. Only 58% of children in year six had a healthy weight in Redcar and Cleveland, compared to 62% across England.

As a result of these findings, the government continues to recommend that children up to the age of 18 need to do at least 60 minutes of moderate to vigorous intensity physical activity every day. 30 minutes should be done in school, 30 at home

Placing a high value on purposeful physical activity can promote further participation beyond school life and offer a wide range of opportunities to promote overall school unity and forge links with the wider community. Pupils, teachers and parents can find mutual satisfaction in the success of individuals, teams and the school as a whole.

Aims

- To promote healthy and active lifestyles in the whole school community through high quality PE lessons, structured break times, extra-curricular activities, competitive school sport and active travel.
- To promote the National Curriculum targets for PE and provide worthwhile and varied out of school hours opportunities.
- To incorporate guidance and initiatives in whole school planning through peer mentoring and structured staff training.
- To develop our pupils' social skills such as fair play, sportsmanship, communication skills, team work through their experiences in Physical Education, School Sport and Physical Activity (PESSPA).

Objectives

- To instil a life-long love of sport and physical activity with an appreciation that physical activity helps us to maintain our physical, emotional and social well-being.
- To aim to provide a minimum of 2 hours, timetabled, Physical Education for all children in a typical week and for PE to be inclusive and accessible to all.
- In addition to PE lessons, we will aim to provide all children with 30 minutes of moderate to vigorous activity each day
- To provide safe and stimulating areas in which children can play and be active during break times, with adult support and supervision.
- To encourage cross curricular links.
- To ensure that all KS2 children have the opportunity to lead.
- To monitor pupils levels of involvement in physical activity inside and outside school.
- Teachers and other staff strive to provide high quality PE provision.
- To involve the school community in 'The School Games' (*The London 2012 Olympics legacy for schools*) embedding the School Games Values; teamwork, friendship, determination, courage and respect throughout the school curriculum.
- To promote additional 'My Personal Best' values such as problem solving, self-evaluation and decision making.
- To use the Government sports premium funding to further develop PE and school sport and to participation for all.
- To provide all children with the opportunity to attend swimming lessons so that they can strive to achieve the Government's target that all children should be able to swim 25m on their front and back by the time they enter Year 7.

Delivery of Objectives

A curriculum map is followed to ensure pupils progress through PE from Nursery to Year 6. The curriculum map covers all areas of activity within the national curriculum: fundamental movement skills, dance, gymnastics, athletics activities, team games and outdoor and adventurous activities.

Additional physical activity and school sport time is provided through structured play, (provided by play leaders, a lunchtime sports coach and lunch time supervisors), school clubs, additional swimming time for KS2 children and active learning in other subject areas.

Teachers medium term and lesson planning is adapted with guidance from the PE subject leader and resources are available to aid planning.

Cross-curricular links are identified within teachers planning and all teachers are aware of how to incorporate active learning into other curriculum areas.

SEN provision is made by teachers in line with the schools SEN and inclusion policies. Additional guidance is given by the SENCO and PE subject leader.

Dress and Clothing

Teachers should wear suitable clothing for PE.

Pupils are expected to bring PE kits on a Monday and leave them in school until Friday only taking them home during the week if they need changing. Swimming kit should be brought and taken home on the same day children swim.

Indoor PE sessions: white T-shirt and black sports shorts or tracksuit bottoms, bare feet unless a medical problem necessitates the use of plimsolls until the problem clears or the activity needs the use of footwear as directed by the teacher.

Outdoor sessions: white T-shirt and sports shorts, plimsolls/trainers, long jogging bottoms/sweatshirt or tracksuit.

Swimming: girls must wear a 'one piece' bathing costume and the boys are to wear swim trunks **or swimming shorts which must be well above the knee**. A letter from parents taking full responsibility must be given to the school if the child is to wear goggles.

Jewellery and watches must not be worn during any PE lessons. Hair should be tied back, including during swimming. If children want to have their ears pierced it is recommended that this should be done during school holidays so that there is no disruption of the lessons. Children should be able to remove and replace their own earrings.

Parents/carers will be informed if a child frequently does not bring their PE kit to school.

The class teacher should be informed by the parent/carer if a child is unable to take part in PE.

Full details of the clothing policy for school can be found in the school prospectus.

Resource Provision

The school's skill- based curriculum for PE follows National Curriculum objectives. Additional activities (such as pedestrian training, Bikeability and balance bikes are provided through the School Sports Partnership.

OAA resources are provided on the Enrich Education website resource hub.

All lesson plans and resources are stored electronically in the staff shared area. Any new resources will be introduced to staff via staff meetings and additional training will be arranged if necessary.

It is the PE subject leader's role to circulate information regarding PE CPD.

Physical resources are stored in a central PE store. Larger items are stored in the school hall or in the outside cupboards/shed. A record of resources is kept in a resource file and audited annually. The PE subject leader should be advised of any broken equipment.

Out of Hours Provision

A whole school planned programme of provision is the remit of this policy and controlled by the head teacher in liaison with the PE subject leader.

After school clubs and the School Sports Partnership enable children to expand on curriculum PE, try something new or prepare the pupils for competitive opportunities. After school clubs are offered to

different year groups and or targeted groups of children. The clubs run for a set number of weeks each term. Clubs are decided on following consultation with children and staff. To ensure high quality provision specialist coaches are used where appropriate. Community links with SSP, local schools, clubs and parents are also used to enhance physical activity and school sport provision.

Community Links

The PE subject leader meets each term with the SSP to discuss forthcoming festivals, competitions and events.

Cluster schools meet at least once a term to discuss and review School Sports partnership initiatives and events. Links with other local schools have been established for inter-school competition.

The school welcomes club links to enhance its physical activity and school sport provision. Successful links have been made with the following local clubs;

- Gymnastics (Redcar Gymnastics)
- Saltburn Golf Club
- Redcar Wildcats
- Redcar Rugby Club
- Mighty Warriors Yoga
- Grangetown Netball Club
- Dance Magic
- Aspire Judo

The school continues to seek new links with local clubs, providing children with information about the club, to enable children to pursue their own physical activity/sport involvement beyond school.

Active Travel

The school works to promote healthy and active lifestyles in the whole school community through local initiatives.

Active travel promotions like walk to school weeks are held during the year and we also strive to provide a whole year initiative to encourage travelling to school in an active manner.

Walk to School week has provided cross curricular links for data handling in Mathematics and geography through surveys of traffic in and around school.

Y5/6 children are offered Bikeability training annually through the SSP. Children who are competent at level 1 and or 2 will be awarded.

Year 3 children are offered pedestrian training

Reception children are offered balance bike training.

Staff Responsibilities

PE Subject Leader

- Point of contact regarding PESSPA concerns.
- Responsible for overseeing PE curriculum and planning across key stages.
- Conducting an inventory of equipment and resources (annually).
- Liaise with School Sports Coordinator & SSP, sports agencies, and other PE Subject leaders from neighbouring schools.
- Provide staff training and contact outside agencies where necessary.
- Plan and organise intra school competitions, including sports day.
- Liaise with coaching providers, adults and children including play leaders and Lunch-time supervisors.
- Share good practise and provide support and guidance for colleagues.
- Maintain records of attendance at clubs and events.
- To organise a group of children to be sports leaders

Lunchtime Supervisors

- Provide supervision of the children and encourage active/structured play.

Outside Agencies

- To meet with head teacher/PE subject leader before commencement of activities.
- Provide the school with relevant qualifications and documentation (DBS).
- Be fully briefed regarding school policies and procedures.
- Keep a register for each event.

Safety

Any activities undertaken in the school grounds must comply with the health and safety regulations laid out by Redcar and Cleveland Borough Council and specific school policies to which the adults in charge must adhere to.

Any activities undertaken off the school premises or being done for the first time within school grounds must have a risk assessment carried out prior to the event taking place. These are stored in the school office for reference. *The Educational visits co-ordinator gives guidance for risk assessments.*

When an accident does occur it is necessary for the teacher or AOTT to make the situation safe as a priority and then locate the help needed. This may include arranging any first aid (by recognised first aid person) followed by any medical attention necessary and logging the incident fully in the accident book.

First Aid boxes are located around school and in the medical room. Any medication conditions of the children must be recorded and parents are required to keep the school informed of any amendments. Children who use inhalers will administer any medication themselves.

Monitoring and Evaluation

Children should be assessed in line with school assessment policy. Assessment should be used to inform subsequent planning. Year 6 formal assessments are sent to local Secondary schools to aid the transition from Year 6 to Year 7.

The PE subject leader is responsible for monitoring and assessment of the quality of the PESSPA and should take any necessary steps to promote high quality PE. This will include peer mentoring, shared planning and the support from the SSP.