



NEW MILLS PRIMARY SCHOOL

Physical Education, School Sport & Physical Activity Programme of Study

PESSPA (Physical Education, School Sport and Physical Activity)

Through PESSPA at New Mills Primary School we want to inspire and enable all children to lead a physically active life, help them to develop physical strength and stamina, mental wellbeing, and a passion for their chosen sports and activities. We want to develop and foster competitive spirit through team sports and self-challenge so that every child can set and achieve their personal goals.

We provide a positive experience of physical activity and sport which we hope will build lifetime habits of participation. To achieve this, PESSPA at New Mills Primary, has fun at its heart.

National Curriculum

At New Mills Primary School we have an ambitious PESSPA Curriculum which is designed to be broad based, progressive and inclusive for children including those with SEND. Units of work are included so that children who find team ball sports difficult, have a broad range of individual activities which they can access. Competition with ourselves and others is an important part of the curriculum and we focus on children achieving their personal best. Units of work taught in PE often correspond to the out of school clubs and activities which children can access in the New Mills area and therefore provide a pathway into sports and activities in the long term.

National Curriculum link

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/239040/PRIMARY_national_curriculum_-_Physical_education.pdf

Intent

At New Mills Primary School, we embed physical activity and the School Games Values in the daily life of the school. We emphasise the importance of active play and have varied and fun PE lessons which give children the skills and knowledge they need to participate in a wide variety of sports and activities. We focus on key fundamental skills throughout EYFS, KS1 and KS2 to ensure that all children master the basic skills which will give them the foundation on which all other sports and activities are based.

We encourage competition at all levels – the importance of achieving our personal best as well as teaching children how to win and lose with respect for others.

Our comprehensive programme of School Sport gives children the opportunity to compete in different types of event format both in New Mills and the wider High Peak area. We find a competition for everyone, ensuring that all children have had the chance to represent the school at external events.

Embedding PESSPA in school life ensures that all children understand the link between physical activity, good physical fitness and mental health. Our intention is to ensure this message is shared by our wider

school community through inclusive family activities. Our PESSPA approach ensures that all children exceed the government recommendation of 30 active minutes within the school day.

We want our teachers to feel confident to teach all kinds of PE as well as enhancing the classroom curriculum with active learning sessions outside the classroom.

Implementation

- Each class has two PE sessions a week.
- Class Teachers works with an in-house PE Specialist to deliver PE lessons for all year groups.
- PE Interventions for children with SEND who struggle to progress in mainstream sessions.
- Active Uniform for all year groups (no changing for PE) so that we maximise active time in lessons and also encourage children to be more active at playtimes.
- Active Playtimes in the school playgrounds and woodland which encourage all children to be active. Eg Music at playtime, rotating equipment on offer, Sports Captains organised events and activities for the younger children. Woodland play sessions where children can be active in a natural setting.
- Daily Mile for all year groups in all weathers.
- Balance Bike lessons for EYFS and learn to ride 1-1 sessions for children who are struggling to ride their bike.
- Bikeability training for years 3,4,5 and 6
- Scooter play sessions for KS1 and KS2
- A progressive PE curriculum based on developing skills and knowledge through a combination of fundamental skills, game play and personal challenge. (EYFS-KS2).
- Consistent planning and assessment tools which help staff to understand what each child needs to do to progress their skill base, attitude and fitness. (Getset4PE)
- Whole school events to encourage a love of physical activity – Santa Dash, Olympics Sports Days, Scooter Duathlon, Mini Triathlon and Kinder Walk.
- Strong links with local clubs and a bespoke signposting service for parents to help them choose the right activities for their child to take part in outside of school hours.
- Weekly programme of external school sports at New Mills and High Peak level. Children in KS2 attend an average of 5 external sports events each year.
- School Swimming for year 4 and 5 – This includes stroke technique, distance awards and water-based game play such as water polo. We also deliver drama-based water safety sessions for children in years 5 and 6.
- Family based activity challenges – We offer a range of family-based activity challenges which are run through school. These initiatives encourage families to get outside and active at weekends and in the holidays. Initiatives have included The Trig Point Challenge, 21 Bridges and Tree Trail Challenge.
- Classroom Brain Breaks – These are 5-minute activities used by the teachers as a way to help children focus on written work or sitting down.
- Sports Leaders Scheme – Sports Captains chosen every year from Year 5. They initiate and lead a variety of activities throughout the year which help our children to stay active.
- Health Champions Scheme – Chosen from Year 5. The Health Champions run activities which raise awareness of healthy lifestyles and healthy eating in school.
- Offsite residential – we offer a full programme of residential trips for years 2 through to 6. These trips develop resilience in our children and embed the School Games Values in their thinking and practice.
- Cross Curricular activities which bring an active element to classroom work e.g., Slackline and Mud Kitchen to support literacy topics.
- Training for Midday Supervisors and support staff to encourage active playtimes. An understanding of how activity can help a child to regulate their mood and behaviour during the rest of the school day.

- Weekly Forest Schools sessions for all children – these sessions increase the active time the children spend during the school day through different types of play and physical challenge.
- Where appropriate, we deliver a range of after school clubs and activities to further enhance our children's access to sports.



Impact

A detailed assessment of the impact that our approach to PESSPA has on children at NMPS can be found in the PESSPA Action Plan for each academic year (published on the school website every July). The Action Plan also shows how we have spent our Sports Premium Budget to maximise impact on our children and families.

The overall impact of our approach to PESSPA is:

- Children are enabled, and feel able, to be active all day every day through increased fitness, resilience, confidence and through wearing clothes which encourage movement.
- Activity is embedded into everyday life at school. Children understand how activity can help them in all aspects of their life including classroom work.
- Children enjoy formal PE sessions and understand the skills and knowledge they need to progress.
- Children progressively develop a wide range of skills in a broad spectrum of activities.
- Children want to compete in school teams and enjoy working in a competitive environment. They feel confident to win and are gracious in defeat.
- Each Child finds their 'spark'. An activity or sport which they enjoy.
- Children are able to work as a team and are respectful towards others. They show the School Games Values in the way they play.
- Children share their passion for health and well being with their families. Our PESSPA offer has a 'halo effect' on the wider family.
- Children are confident to lead, voice an opinion and inspire others with their personal best.
- Children are confident to play in a variety of settings, with and without, direct adult supervision.
- Nearly all our children leave NMPS being able to swim and ride a bike. They have a good practical understanding of water safety which will stay with them for life.
- Children with SEND are given opportunity to participate in PE and School Sport in a way they can access and enjoy. The aim of PE Intervention is for children with SEND to feel happy joining the class PE lesson.
- Children feel confident to sleep away from home and can work outside their comfort zone.
- Teaching staff feel confident to teach formal PE lessons and understand the importance of PESSPA in the school day and how it underpins other aspects of learning.
- Support Staff understand the importance of activity and free play for child development.