



## **Cornerstone Multi Academy Trust**

### **PE Policy**

# Cornerstone Academy Trust

## Introduction:

The aim of Physical Education within the Academy Trust is to provide all pupils with the opportunity to develop their physical competencies and acquire a range of new skills and techniques in order to have a positive impact towards embracing a healthy lifestyle. Furthermore, through participating in a broad range of both individual and team activities pupils will have the opportunity to work competitively and corroboratively, valuing both their own contributions as well as those of others to positively impact on the wellbeing of the school community both individually and as a whole.

## Curriculum:

All pupils will participate in both a PE and a Games session over the course of the school week, participating in a broad range of activities relevant to their age and sporting experience.

In Nursery and EYFS pupils will participate in a range of activities focusing on their Physical Development learning to move their body in a variety of ways including Running, Hopping, Jumping and Skipping. Pupils will begin to also familiarise themselves with a range of apparatus developing skills including kicking, rolling and throwing.

In Key Stage One pupils will participate in a range of activities mastering basic movements including running, jumping, throwing and catching, while developing balance, agility and co-ordination, and begin to apply these in a range of activities. They will also participate in team games, developing simple tactics for attacking and defending as well as performing dances using simple movement patterns.

In Key Stage Two pupils will participate in a range of both team and individual sports using running, jumping, throwing and catching in isolation and in combination. They will also play competitive games, modified where appropriate, such as; basketball, cricket, football, hockey, netball, rounders and tennis, and apply basic principles suitable for attacking and defending. Pupils will aim to develop flexibility, strength, technique, control and balance, as well as performing dances using a range of movement patterns and taking part in outdoor and adventurous activity challenges both individually and within a team. Pupils will be encouraged to compare their performances with previous ones and demonstrate improvement to achieve their personal best.

## Extra-curricular:

### *After-school clubs*

There are a range of supervised extra-curricular activities available to pupils either at break/lunchtimes and after-school. These include Table Tennis, Ball Sports, Football, Tag Rugby, Netball, Basketball, Hockey and Climbing.

### *Squads*

For those pupils in Years 4-6 displaying high levels of ability in a specific sport, the trust runs squads in order to provide more specialised instruction in these activities in order to both develop skills and techniques further as well as create opportunities to represent their individual school in these sports. Squads are run in Football, Tag Rugby, Netball, Table Tennis, Swimming and Dance.

## Range of sports and offerings: team - individual - adventurous sport,

Pupils within the trust will have the opportunity to participate in the following sports, working to develop their skills and abilities. (Selective opportunities shown in brackets).

### *Team*

Football	Years 1-6	PE lessons, Games sessions, (squad), (competitive fixtures), lunchtimes, after-school activities
Tag Rugby	Years 1-6	PE lessons, Games sessions, (squad), (competitive fixtures), after-school activities
Hockey	Years 1-6	PE lessons, Games sessions, (competitive fixtures), after-school activities
Netball	Years 1-6	PE lessons, Games sessions, (squad), (competitive fixtures), lunchtimes, after-school activities
Cricket	Years 1-6	PE lessons, Games sessions, (competitive fixtures), after-school activities

Rounders	Years 1-6	PE lessons, Games sessions, (competitive fixtures), after-school activities
Basketball	Years 2-5	PE lessons, lunchtimes, after-school activities

#### *Individual*

Athletics	Years EYFS-6	PE lessons, Games sessions, (competitive fixtures), lunchtimes, after-school activities, Sports Day
Dance	Years 1-6	PE lessons, Games sessions, (squad), after-school activities
Gymnastics	Years 1-6	PE lessons
Tennis	Years 1-6	PE lessons, Games sessions, (squad), (competitive fixtures), after-school activities
Table Tennis	Years 1-6	PE lessons, Games sessions, (competitive fixtures), lunchtimes, after-school activities
Swimming	Years 3-6	Swimming lessons, (squad), (competitive fixtures),
Fencing	Years 3-6	Games sessions
Golf	Years 5-6	Games sessions, (competitive fixtures)

#### *Adventurous*

Climbing	Years 3-6	Games sessions, (competitive fixtures), after-school activities
Mountain biking	Years 5-6	Games sessions, (competitive fixtures),
Kayaking	Years 5-6	Games sessions,

#### **Assessment and tracking:**

Throughout their time at the school attainment of pupils will be regularly assessed and monitored by the staff members involved in delivering sporting activities as well as by professional coaches in Swimming and Dance as applicable. This information will be stored on the pupil's personal OneNote section within their year group notebook as well as being reported to parents in their end of year report.

Furthermore, all pupils in Key Stage 2 will track their progress throughout the Key Stage across a range of Athletic events. Pupils will be encouraged and provided with the technical inputs in order to best attempt to build upon their personal best as well as the opportunity to compare their best with the school records. Currently Personal Records are taken in the following events; sprint (60m Years 3-4, 75m Years 5-6), long distance (400m Years 3-4, 600m Years 5-6), javelin, discus, shot put, standing long jump and standing triple jump.

#### **Competition:**

Pupils will also receive a range of opportunities to represent their school in a variety of sporting activities. Both individuals and teams participate in competitive fixtures against local schools, in local tournaments and at a regional level where appropriate. Sports include Multi-skills (mixed, Years 1-6), Football including Futsal (mixed, Male, Female, Years 1-6), Tag Rugby (mixed, Years 3-6), Table Tennis (Male and Female, Years 5&6), Netball (mixed, Years 4-6), Climbing (mixed, Years 5&6), Athletics including Cross-Country (Male and Female, Years 2-6), Tennis (mixed, Years 3&4) and Golf (mixed, Years 3-6).

Every pupil will participate in the annual Sports Day in the Summer Term where they will compete against their peers from the same year in track and field events, with some pupils being selected to compete against pupils from other years as part of relay teams in sprint, long-distance and the whole-school relay.

EYFS and Year 1 pupils will take part in a sprint and one other race of their choice from angel race, spider race, egg and spoon race, sack race, skipping race and bean bag throw.

Year 2 pupils will take part in a sprint, one other race and a field event of their choice. They will select from angel race, spider race, egg and spoon race, sack race and skipping race on the track and either bean bag throw or standing long jump on the field.

Key Stage 2 pupils will take part in a sprint, one throwing event and one jumping event. The throwing events on offer are javelin, discus and shot put while the jumping events include sack race, standing long jump and standing triple jump.

#### **Resilience:**

All pupils will be provided with opportunity to show and develop their resilience skills across the sporting provision provided. This may be through playing competitive sport and engaging with both winning and losing in such activities both individually and as part of a team. Pupils will be encouraged to respond positively to such challenges. In Climbing all Key Stage 2 pupils will receive the opportunity to challenge themselves on the climbing wall being supported in order to achieve climbs of increasing difficulty along the wall. For further details see Appendix 1: Climbing Wall Operations Protocol.

### Swimming:

In addition to the previously mentioned offer, pupils in both Years 3 and 4 will participate in swimming lessons for 3 half-terms to develop both their swimming ability to a distance of 25metres in a range of strokes and their understanding of the principles of water safety.

For further details see Appendix 2: Swimming policy.

### Sports Premium:

The government is providing funding of £150 million per annum to provide new, substantial primary school sport funding. This funding is being jointly provided by the Departments for Education, Health and Culture, Media and Sport, and will see money going directly to primary school Headteachers to spend on improving the quality of sport and PE for their children.

The sport funding can only be spent on sport and PE provision in schools. OFSTED play a significant role in ensuring that schools target this funding in areas which will lead to clear outcomes in raising standards and opportunities in PE and school sport for all children throughout the Primary Phase. All schools receive a lump sum of £16,000 plus a premium of £10 per pupil per annum.

Broadclyst Community Primary School received a grant of £19,770 in the academic year 2019/20.

Westclyst Community Primary School received a grant of £16,660 in the academic year 2019/20.

Yeo Valley Primary School received a grant of £17,880 in the academic year 2019/20.

For further details please see Appendix 3a: Broadclyst Sports Premium report 2019/20, Appendix 3b: Westclyst Sports Premium report 2019/20 and Appendix 3c Yeo Valley Sports Premium report 2019/20.

*Appendix 1: Climbing Wall Operations Protocol*

## Climbing Wall Operations Protocol

### 1: Preparing to Climb:

- a) Ensure that the hall area is free for use and clear of anything that could hinder safe climbing.
- b) Confirm the presence of a First Aid Responder and that you have a first aid kit.
- c) Collect the equipment and logbook from storage and sign out the appropriate kit for the children and staff present checking the condition of:
  - i. Belay Devices (GriGri and Karabiner)
  - ii. Harness
- d) Lower the mat by releasing the hooks and ensure the 6 climbing ropes are threaded correctly through the top karabiners and in good condition.
- e) Take all climbers through the safety procedures:
  - i. Fitting harnesses correctly. – See Section 4a
  - ii. Tying the correct knots and checking their own and their partner's knots. – See Section 4b
  - iii. Correct belaying technique and practice belaying at floor level until satisfied children are safely belaying. – See section 4c

- iv. No climbers are to jump away from the wall at any time and when abseiling are to walk their feet down the wall with legs outstretched.

### 2: During Climbing:

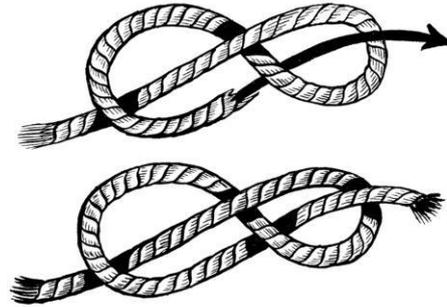
- a) Ensure that only climbers are on the mat during climbing.
- b) Check each child's knots and belay karabiner before they begin to climb the wall and ensure partners check each other's knots and belay point.
- c) Belaying children are to keep constant visual of their climbing partner and, where possible, be supported by a third child as an extra belay anchor.
- d) Climbers are to check with their belay partner before beginning to decline from the wall.
- e) In the event of injury or accident follow accident protocol – See Section 5.

### 3: Clearing Away:

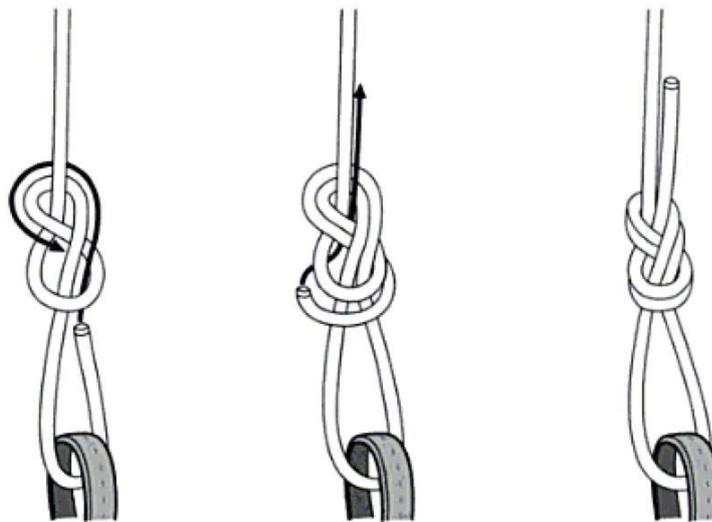
- a) Collect the equipment in from the children, signing in all of the kit to the logbook and checking again for any ware.
- b) If any equipment is showing signs of ware or imperfection, or any of the handholds are spinning on the wall contact James Beevor ([jbeevor@bcps.org.uk](mailto:jbeevor@bcps.org.uk)) or Dale Lawson ([dlawson@bcps.org.uk](mailto:dlawson@bcps.org.uk)) with details.

### 4: Fitting Equipment:

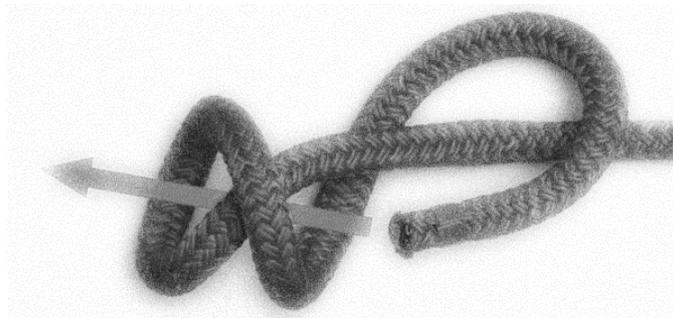
- a) Harness:
  - i. To fit harnesses begin by holding the waist band up so the leg loops dangle below, with the red leg hole oriented on the right leg and the belay loop facing forwards.
  - ii. Step into the harness passing through the leg holes and waist band ensuring the waist loop rests above your waist and finally adjusting the bands so they are fit snug around the waist and thighs.
  - iii. Pass excess strapping through the allocated loops to avoid loose hanging straps.
  - iv. When fitting a child's harness direct them to follow the above steps and check harness fit by adjusting the leg straps on the outside of the thigh and waist band above the hip.
- b) Tying in to climb:
  - i. To tie onto the climbing wall take one side of the top rope and tie a figure 8 knot:



- ii. Loop the free end of the rope through both lower and upper crotch holes on the climber's harness following the belay loop through both bores beginning with the bottom hole.
- iii. Follow the loose end back through the figure 8 knot to double up the knot:



- iv. Finally tie a stopper knot above the doubled figure 8 knot using all the excess rope remaining – see picture below:



c) Setting the Belay (GriGri):

- i. To fit the GriGri, first face the climbing wall. Hold the device in front of you so you can read the words: *GriGri*.

- ii. Slide the gold front of the GriGri open, taking hold of the rope coming from the wall at the same time.
- iii. Feed the rope through the GriGri, taking note of the climbing man symbol. The rope that 'goes up' the wall matches with the picture of the man 'going up' the wall.
- iv. Slide the gold front of the GriGri closed.
  
- v. Double-check that the image of a climber on the GriGri matches with the rope going up the wall and the image of a hand has the tail end of the rope coming from the GriGri.



- vi. Turn the GriGri side on, ensuring that the gold side is on the right.
- vii. Attach the Karabiner through the hole of the GriGri and through the orange loop in your harness.
- viii. Make sure to twist the lock of the Karabiner closed and to click the black safety latch shut.
- ix. Your GriGri should look like this:

## 5: Accident or Injury:

- a) Accident of injury protocol:
  - i. In the event of accident or injury endeavor to cease the dangerous situation, if still existing:
    - a. Check for further danger to others and end this before assisting injured party:
    - b. If safe to, proceed remove the casualty from the dangerous situation, if still existing.
  - ii. Where possible advise other climbers to lower safely to the ground and untie to clear the climbing area.
  - iii. Identify the nature of the injury and assess the injury as far as possible.
    - a. Is the casualty conscious/unconscious:
    - b. is the injury life threatening or time critical?
    - c. Does the casualty need urgent medical attention?

- iv. Arrange for assistance and/or medical services to attend:
  - a. If the injury is adjudged to be life threatening or time critical by first aid responder then immediately contact emergency medical services on '999' – avoid leaving the casualty alone without staff presence.
- v. Stay with casualty to assist in aiding the casualty until hand over to a First Aid Officer or Health Care Professional:
  - a. If trained in first aid or CPR apply, as per training, where necessary.
  - b. If untrained, monitor casualty and endeavor to keep them calm and safe and where possible stationary. Request assistance from an onsite first aid officer.
- vi. When First Aid Official or Health Care Professional arrives hand-over procedure should begin, in which as much information about the accident and casualty is given:
  - a. Details about the incident;
  - b. Nature of the injury;
  - c. Name and contact details of the casualty;
  - d. Details of any treatment administered.
- vii. Assist First Aid Official or Health Care Professional as instructed.
- viii. Complete an Accident/Injury Report as found in Section 6.

## 6: Accident/Injury Reporting:

- a) Accident of injury reporting procedure:
  - i. Incident reports must be completed and filed within 24 hours of the incident, preferably immediately at the conclusion of the event.

*Appendix 2: Swimming Policy*

*Appendix 3a: Broadclyst Sports Premium Report 2019/20*

*Appendix 3b: Westclyst Sports Premium Report 2019/20*

*Appendix 3c: Yeo Valley Sports Premium Report 2019/20*

Updated: March 2022  
Review: September 2023