



EPA Athlete's Procedural Document

Introduction

At EPA we teach a fun, high-quality and well-planned physical education curriculum that inspires all pupils to succeed and excel as athletes in competitive sports and a broad range of physical activities. We provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Our children have opportunities to compete in sport and other activities that build resilience, perseverance and ambition. Athletes at EPA develops an understanding of healthy lifestyles, a balanced diet, and a positive growth mindset. Children learn how to cooperate and collaborate with others as part of a team and show fairness and respect to everyone.

Our Curriculum

Our EPA "I am an athlete" curriculum map provides a clear and progressive framework for the acquisition of the skills and attitudes that support our children to become young athletes.

All year groups are given a range of lessons throughout the year by Robins foundation coaches. Teachers work alongside expert coaches to learn how to teach the skills involved in PE lessons and to support the children to develop an understanding of the importance of a healthy and fit lifestyle.

In Reception Class, physical development is taught through games and activities that

develop both the fine and gross motor skills needed to engage successfully with physical challenges. Reception children also learn about the different factors that support their overall health and wellbeing through our Real Foundations curriculum. From Year 1 to Year 6, the importance of physical health and fitness is taught not only through weekly Real PE lessons but through games and clubs during lunch times and after school clubs. All children at EPA are assessed regularly by our class teachers with our EPA assessment framework and have personalised assessments from professional Robins foundation coaches. All assessments are used to plan and improve future learning to meet the needs of our children.

Children at Evergreen have the opportunity to practise team skills with the Robins foundation and take part in inter-school competitions, including the CLF festival of sport.

All children at Evergreen will have the opportunity to learn how to swim proficiently in KS2.

Resources and Organisation

- Inside space: 1 large hall and 1 small hall
- Outside space: two school playgrounds, large playing fields, multi-use games area, forest school area and courtyard
- Equipment: EPA have a well-stocked PE cupboard full of athletics equipment, gymnastics resources, sports equipment and table tennis tables
- All staff have access to the PE cupboard for all learning activities
- Planning: All staff have up-to-date planning for both their Real PE and Sports sessions. This planning has been carefully mapped via our EPA Athlete's Curriculum Map which aligns both the national expectations, Real PE 'cogs' and sporting opportunities
- All staff are supported by the PE lead in utilising the resources and planning

Planning

Our EPA Athlete's curriculum covers all areas of the statutory PE National Curriculum 2014. We align our EPA planning to both the Real PE and CLF Athlete's curriculum. Our EPA Athlete's Curriculum Map outlines clear, but consistent progression of skills throughout our school from EYFS through to Year 6. Our EPA staff work closely with Robins foundation coaches to teach a variety of exciting sporting activities to our children. Every sporting opportunity has been carefully selected to coincide with our termly Real PE 'cog'. This ensures consistency across both our Real PE sessions and our Robins foundation provision. All staff have access to plans via our centralised sports planning folder.

Teaching

At EPA, all staff utilise the extensive Real PE resources and planning to teach inspiring PE lessons. All teaching is progressive and addresses the needs of the children as athletes. Class teachers can utilise adapted skills via Real PE to ensure that children can access each learning outcome and are progressively challenged. All staff make use of our 'We are Athletes' board to introduce their learning and recap our Real PE 'cog'. Children are taught by a variety of specialist sports coaches, via Robins foundation every term. Staff work closely with the specialist coaches to professionally develop and implement their professional learning into future PE lessons. All Key Stage 2 classes attend swimming lessons across the year, which are taught by professional swimming instructors. All staff are supported by the PE lead when appropriate throughout the year. All children at EPA have 2 hours of timetabled physical activity a day.

Assessment

At EPA we have a termly assessment procedure that was created in line with our CLF DOOYA assessments and Real PE assessment protocols. All staff assess our children using our termly 'EPA Athletes Assessments', in line with our school assessment calendar. Staff utilise the Real PE 'exceeding, expecting, emerging' descriptors to assess where the children are at during lesson 1 of a new term and then reassess at the end of the learning sequence. In addition to our EPA assessments, Robins foundation also provides termly in-depth assessments of each child which are saved centrally for all class teachers to access. This allows teachers to plan impactfully for their next sequence of learning.

Inclusion

All learners with SEND, as stated on the SEN register, will be included in any physical education lesson. If a lesson or programme needs to be adapted, then the teacher in charge will do this in consultation with the PE Lead and SENCo.

Training

PE staff meetings and regular drop-in sessions with the PE lead support all staff to teach high quality PE lessons in line with our EPA Athlete's Curriculum. Collaboration across trust, via primary academy collaboration (PAC) evenings and school visits allow the PE lead and other members of staff to enhance physical education teaching and learning at EPA. Support from PE lead for the trust enables staff at EPA to attend training related to PE teaching, such as: Real PE training, Disney Shooting Stars and FA courses. Training needs are identified via in the learning drop ins and staff audits.

Being an Athlete at EPA

All children have been provided with black shorts and a green top which should be worn during PE lessons. Where kit has been lost, children and families are encouraged to wear appropriate blank sporting clothes such as plain joggers, shorts, tops, jumpers, trainers etc. Children will not be penalised for not having sporting clothes and are **always allowed** to participate in PE lessons. Where applicable EPA will provide kit for specific children. Where specialised sporting equipment is needed (such as shinpads for a football tournament), the PE lead and Senior Leadership work effectively across trust and with the SGO to borrow equipment for events. This allows all children at EPA to access exciting sporting opportunities. Children at EPA are encouraged to bring a bottle of water to school, which they are allowed to take to their PE lesson.

- **Indoor sessions:** Children are to wear black bottoms, white tops and daps/appropriate trainers. Light clothing allowing good freedom of movement, without being baggy or loose, is advised.
- **Classroom-based movement /Brain Break:** Children can remain in their everyday clothes.
- **Outdoor lessons in cold weather:** Additional layers are advisable.
- **Hot weather:** Parents will be advised to apply sun cream protection before school.
- **Gymnastics:** Barefoot work is the safest, whether on the floor or apparatus, because the toes can grip. Loose clothing is not advised.
- **Footwear:** All staff and students need to change into footwear that is appropriate for the lesson location. Outdoor and indoor footwear should demonstrate effective grip, support and reasonable protection for PE activities and games. All footwears should be of the correct size and correctly fastened in the manner of its design.
- **Earrings and personal effects:** Personal effects, such as jewellery, watches and hair slides should ideally be removed to establish a safe working environment. All earrings should be removed at home for younger children, and at home or prior to the lesson for older pupils. Staff are not required to remove or tape earrings for pupils but are to supervise to ensure the taping is effective to prevent the stud post penetrating the bone behind the ear.

Extra-curricular Activities

- Inter-school sports competitions
- CLF festival of sport yearly competition
- Regular sporting matching against local schools

Cross-curricular Links

Authors

PE contributes to the teaching of English in our school by encouraging children to describe what they have done and to discuss how they might improve their performance.

Designers and Citizens

PE contributes to the teaching of personal, social and health education and citizenship. Children learn about the benefits of exercise and healthy eating, and how to make informed choices about these things. The teaching of PE offers to support the social development of our children through the way we expect them to work with each other in lessons. Children learn to respect and work with each other and develop a better understanding of themselves and of each other.

Mathematicians

Links between PE and Mathematics include measurement, shape and space, sequences, number, angles, position and movement, rotation and time. At EPA, many of the numeracy warm-up and engagement activities are planned to be active and delivered outdoors.

PE Lead Role and Responsibilities

The role of the PE lead involves:

- Supporting other members of staff in all aspects of the curriculum.
- Maintaining and replacing equipment when necessary.
- Ensuring areas for lessons and activities are safe.
- Assisting with recording, keeping and assessment of the subject.
- Monitoring the teaching of the subject at EPA by informally observing lessons planned
- Attending meetings and courses, which will inform future development of the subject and ensure other staff are aware of courses themselves
- Ensuring that pupils have the opportunity to attend extra –curricular clubs to develop their skills
- Ensure standards remain high in each year group through effective monitoring of the subject and securing high-quality and on-going CPD opportunities

Health and Safety

It is noted that in the event of an emergency, there are phones within a short distance of all PE lesson locations and basic First Aid boxes are available to all members of staff in their classrooms. Staff can also use the phones that are available in every learning environment. LSAs at EPA are first aid trained and for classes where no LSA is present, teachers can check first aid trained check sheet (available on door of every first aid box), to locate nearest first

aid trained member of staff. All risk assessments are written and signed off for any sporting competition or classes (e.g. swimming, CLF festival of sport) before attending.