Physical Education Policy

Approved: April 2025
To be reviewed: April 2026

Raddlebarn Primary School aims to provide opportunities for pupils to become physically confident in a way which supports their health and fitness. At the school, we offer pupils the opportunity to compete in sports and other activities to help build character and reinforce values such as fairness, resilience and respect.

PE lessons are taught with the following aims in mind:

- Meet the requirements of the National Curriculum
- Promote a healthy lifestyle
- Encourage physical activity and exercise
- Build self-esteem, confidence and resilience
- Provide all pupils with access to the lesson
- Develop pupils' academic, social and physical ability
- Encourage good behaviour and respect amongst pupils
- Promote team work and cooperation amongst pupils

This policy outlines what pupils will be taught during PE lessons and how they are expected to behave, as well as the measures taken to ensure the health and safety of pupils, including role-specific responsibilities.

1. Role and responsibilities

The **Head teacher** (or relevant senior leader) is responsible for:

- Appointing an appropriate **PE Coordinator**.
- Ensuring that appropriate procedures are in place for the reporting and managing of accidents.
- Ensuring effective health and safety procedures are in place, and that the appropriate safety measures are taken.
- Ensuring all necessary risk assessments have been undertaken.
- Ensuring that teaching standards are maintained and the effectiveness of the teaching of the subject is monitored.
- Where appropriate, liaising with the **PE Coordinator** regarding the spending and impact of the PE and sport premium funding.
- Ensuring that the PE and sport premium is effectively communicated to the governing board.

The **PE coordinator** is responsible for:

- The overall implementation of this policy.
- Liaising with staff members to develop an effective PE timetable.
- Supporting staff members in all aspects of the PE curriculum.
- Attending any necessary training, in order to help inform future developments of the subject at the school.
- Keeping up-to-date with any changes in the subject area.
- Liaising with the **school's Enrichment Coordinator** to ensure that the school provides extra-curricular opportunities to pupils, further developing the skills learnt during their PE lessons.
- Liaising with the **senior leadership team (SLT)** and regarding the use of the PE and sport premium, where appropriate.

Staff members involved in the teaching of PE are responsible for:

- Acting in accordance with the school's **Health and Safety Policy**.
- Reporting accidents and other incidents in line with the school's **Accident Reporting Procedure**.
- Participating in any necessary training or CPD.
- Keeping up-to-date with changes within the subject area.
- Acting in accordance with the **Staff Code of Conduct**.
- Making informed decisions regarding whether the weather conditions are suitable for the planned lesson, and ensuring alternative appropriate arrangements are in place.

Parents are responsible for:

- Providing their child with the necessary PE kit.
- Providing their child with appropriate footwear for PE classes.

- Ensuring that, where necessary, a doctor's note or similar evidence is provided when their child cannot participate in PE lessons.

Pupils are responsible for:

- Acting in accordance with the **Pupil Code of Conduct** at all times.
- Making themselves familiar with this policy.
- Wearing their PE kit to school on the appropriate days.
- Notifying their teacher of any reason why they should not participate in PE lessons and providing appropriate evidence, where necessary.

The early years foundation stage (EYFS)

Physical development will be encouraged as an integral part of work for pupils in the EYFS, teaching them how to control their movements and become competent movers. Pupils' fundamental movement skills are developed during the EYFS, laying a foundation for future PE lessons. Particular areas of focus will include movement, balance and the use of PE equipment, including gymnastic apparatus, floor mats and sporting goods, such as bats and balls. Pupils' physical development will relate to the objectives of the early learning goals, which are set out in the DfE's 'Statutory Framework for the Early Years Foundation Stage', including:

- Developing good control and coordination of large and small movements, moving confidentiality in a range of ways and negotiating space safely.
- Handling equipment and resources effectively.
- Developing an understanding of and talking about good health, including exercise and healthy diets.
- Managing basic hygiene and personal needs successfully, including dressing and going to the toilet independently.
- Playing co-operatively, taking turns with others.
- Participating in new activities and verbally explaining why they like some activities more than others.
- Independently choosing the resources they need for their chosen activities.
- Working as part of a group and independently, understanding and following rules.
- Demonstrating an ability to follow instructions involving several ideas or actions.
- Counting reliably with numbers from one to 20, such as keeping score during sporting activities.
- Demonstrating an understanding of measurements, such as the use of metres during races.

All pupils within the EYFS will be given the opportunity to undertake activities that provide appropriate physical challenge, both indoors and outdoors, whilst using a range of resources and equipment. An EYFS profile will be completed for each pupil in the final term of the year in which they reach age five.

Curriculum

During KS1 pupils will be taught to:

- Master basic movements, including running, jumping, throwing and catching, whilst developing their agility, balance and coordination, beginning 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.

- Build resilience.

During KS2, pupils will be taught to:

- Use running, jumping, throwing and catching in isolation and in combination.
- Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending, for example, through netball, football, hockey and tennis.
- Develop flexibility, strength, technique, control and balance through activities such as gymnastics and athletics.
- Perform dances using a range of movement patterns.
- Participate in outdoor and adventurous activities, both individually and within a team.
- Compare their own performances with their previous ones and demonstrate improvement to achieve their personal best.

In relation to swimming, pupils within KS1 and KS2, will be taught to:

- Swim competently, confidently and proficiently over a distance of at least 25 metres.
- Use a range of strokes effectively, such as front crawl, backstroke and breaststroke.

Teaching and learning

All lessons in EYFS will be planned and taught in line with the Early Years Framework, and those in KS1 and 2 will be planned and taught in line with the National Curriculum. The PE Hub scheme of work will be used for the majority of PE units (unless agreed with the school's **PE Coordinator/Curriculum Leader**) ensuring that potential for pupils' progression is planned into the scheme of work. Lessons and activities will build upon pupils' prior learning, developing their skills, knowledge and understanding within each activity area.

The school creates long-term, medium-term and short-term plans for delivery of the PE curriculum – these are as follows:

- Long-term: Includes the PE topics studied in each term during the key stage – curriculum overviews
- Medium-term: Includes the details of work studied each half term - blocking
- Short-term: Includes the details of work studied during each lesson – detail on lesson plans such as PE Hub

The **PE Coordinator** is responsible for reviewing long-term and medium-term plans and communicating these to teachers.

Teachers are responsible for reviewing and updating their planning, considering pupils' needs and identifying the methods through which topics could be taught. All relevant staff members are briefed on the school's planning procedures as part of their staff training. Where appropriate, a sports coach will lead the lesson or teach alongside the teacher. Pupils will be taught through a mixture of whole-class, group and individual activities, ensuring that tasks are suitable for pupils' abilities; equipment may be differentiated to meet individual needs. Pupils will be encouraged to evaluate their own performance and that of others. Pupils will be given the chance to collaborate and compete during lessons.

The **PE Coordinator** will act as the first point of contact for staff members planning PE lessons or sporting events. A variety of resources, including indoor and outdoor sporting equipment, will be used to provide a range of challenge for pupils. Staff members involved in teaching PE will have access to suitable PE resources, including sporting equipment and any available specialist literature, at all times. Advice on the selection of equipment in relation to tasks can be obtained from the **PE coordinator** prior to use.

Assessment and reporting

Pupils will be assessed through observations made during lessons. Throughout the year, teachers will plan on-going assessment opportunities to gauge whether pupils have achieved the key learning objectives. This information will be recorded on the school's tracking system. Annual assessments of each pupil will be used to inform parents of their child's progress and attainment through an annual school report to parents during the **Summer** term every year. This will include information on pupils' attitudes towards PE, understanding of methods, investigatory skills and the knowledge levels they have achieved. Verbal reports will be provided at parents' evenings during the Autumn, Spring and Summer terms. A record will be kept of when a pupil is unable to participate in a lesson, along with any evidence supplied. If this becomes a regular occurrence, a meeting will be set up between the teacher, the pupil and their parents.

PE kit and changing rooms

During PE lessons, pupils are expected to wear the following:

- Black/dark grey shorts, skirts or jogging bottoms
- T-shirt emblazoned with the school logo (house colours)
- Black pumps or trainers
- During cold weather, pupils can wear their school jumpers or coats, as appropriate. During swimming

lessons, pupils are expected to wear the following:

- One-piece bathing suit and swimming specific shorts or trunks for the boys.
- Goggles (optional)

Staff members will lead by example by wearing appropriate clothing when teaching PE, such as trainers and sports clothing.

All potentially dangerous jewelry, such as earrings, will be removed before PE lessons. Jewelry which cannot be removed will be taped over. All long hair should be tied back for PE lessons. Activities such as gymnastics and dance will be undertaken in bare feet. In the event that a pupil repeatedly forgets their PE kit, a letter will be sent home.

Equal opportunities

Teaching staff will work closely with the **PE coordinator** to ensure that planned activities for lessons are accessible to all pupils, including pupils with special educational needs and disabilities (SEND). All lessons will be geared to the specific needs of individuals, as well as of groups of pupils, including those with SEND and those who have English as an additional language. Teaching staff will liaise with the Special Educational Needs Coordinator, where necessary, to meet pupils' needs. Pupils will not be grouped together based on gender, race or disability

Monitoring and review

This policy will be reviewed on an **annual** basis by the **Head Teacher** (or relevant senior leader) and **PE Coordinator**, with any changes made to the policy being communicated to all teaching staff and the governing board.

The curriculum plan will be monitored and evaluated by the **PE Coordinator**, including the planning, assessment and reporting arrangements in place.

The spending and impact of the PE and sport premium is monitored by the **Governing Body**.