

PHYSICAL EDUCATION POLICY

March 2025

Subject Leader: Lucy Richens

Review Date: March 2026



Rationale

Physical Education should provide enjoyment, stimulation, challenge, achievement and fitness for all pupils.

Aims

- To teach children to be physically active, engaging in activities that develop their body, health, strength, flexibility and endurance.
- To encourage children to become independent learners and to develop a positive approach to Physical Education.
- To monitor progress of all children including SEND and able pupils, to ensure equal opportunity.
- To ensure cultural and spiritual development.
- To make links with other areas of the curriculum where appropriate.
- To develop children's understanding of hygiene and safety.
- To plan, assess and report in all aspects of Physical Education.
- To aid staff development and to inform staff, governors and parents about the subject.
- To provide continuity of resource development for Physical Education.
- To ensure every class takes part in ten minutes of three times weekly skipping.
- To ensure each child receives two hours of quality sport and PE every week.

Guidelines

- All children should participate for five minutes daily in a 'Wake Up! Shake Up!' session.
- Children should take part in dance, games and gymnastic activities using both the indoor and outdoor environments.
They should be able to:-
 - master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin 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.
- Teachers should follow the long term overview as to when and which PE lessons to teach, ensuring progression across all year groups.
- The PE lesson should be planned in such a way that children are physically active for the majority of the lesson, e.g; whilst the children are changing explain the activity on reaching the hall or playground; in gymnastics ensure that the apparatus are set up in such a way that there is only a limited amount of queuing.
- Teachers will pitch their lessons with the highest challenge and then scaffold for individuals who need it.
- Children should be able to observe fair play, follow rules and cope with success and failure, both as an individual or part of a group.
- Children should develop the language and vocabulary to talk about their bodies and activities. They should appreciate strengths and areas for development in themselves and others, by performing and observing.
- Children should learn how to follow relevant rules, codes, etiquette and safety procedures associated with P.E. They should know the purpose of warming up and cooling down and the effect it has on their bodies. The children should be able to lift and move equipment safely and in the correct and agreed

manner. The children should learn good personal hygiene and understand about suitable clothing and the dangers of wearing jewellery.

- To provide an environment and the opportunity for all children to engage in a variety of physical activities. Progress will be monitored with regard to the Early Years Foundation Stage, National Curriculum and end of unit expectations.
- To follow the progressive PE skills and knowledge documentation and use the 'best fit' model to assess the children in their PE lessons, half termly.
- To provide opportunities for children to experience dance, music and games from a variety of cultures and backgrounds.
- To provide assessment and evaluation to inform planning and report progress to parents. To ensure all areas are covered appropriately through the year using the Create Development program and our tailor-made Dovers Green games curriculum.
- To ensure staff feel supported and sufficiently trained in all areas of PE. External coaches and training to be brought in to support training and model teaching.
- To inform staff and governors of current issues and to provide opportunities for staff training.
- To ensure that P.E. equipment is regularly checked for safety and resources are kept in good condition.

Dress

Children come to school in their PE kit on the day which they have their PE lessons. P.E. kit consists of shorts, T shirt and plimsolls. A tracksuit may be worn during the colder months. P.E. kit will be provided to those who haven't worn the appropriate clothing. Hair must be tied back and earrings must be removed. Children will work in bare feet inside.

Adults need to be suitably clothed and with appropriate footwear.

This curriculum policy should be read in conjunction with our:

Assessment Policy

Health and Safety Policy

Learning and Teaching Policy

Equal Opportunities Policy

Inclusion Policy

SEND Policy

Early Years Foundation Stage Policy