

# Physical Education Policy



Policy updated by Mrs Leech and Miss Offord (PE leaders): May 2025

Policy approved by Governors: June 2025

*Theresa Taylor*

Chair of Governors

*Mr M Grogan*

Headteacher

Policy shared with staff and shared on the school website: June 2025

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## **PHYSICAL EDUCATION POLICY**

### **Our school motto**

Never settle for less than your best.

### **Our Vision**

Following in the footsteps of Jesus, each member of our community will flourish as resilient, respectful and adaptable individuals prepared for life's journey. Along the way we will encourage and inspire each other to continue growing as beacons of light in our own lives and the wider world.

### **Our Mission Statement**

St. George's Central seeks to provide quality education rooted in the Christian faith, serving the spiritual, moral, and educational needs of the community of which it is part.

### **Introduction**

This document is a statement of aims, principles and strategies for the teaching of Physical Education at St. George's Central CE Primary School and Nursery.

### **Why is Physical Education Important?**

At St George's Central, Physical Education is a highly valued area of the curriculum. We understand that, through Physical Education, our children are able to benefit physically, mentally and emotionally, fostering positive attitudes and laying the foundations for a healthy lifestyle. We aim to ensure that all children develop competence to excel in a broad range of physical activities, are physically active for sustained periods of time, engage in competitive sports and activities and lead healthy, active lives.

### **What is Physical Education like at St. George's Central CE Primary School and Nursery?**

All pupils participate in a variety of sports, outdoor and adventurous activities, gymnastics, dance, and athletics, using indoor and outdoor environments where appropriate. Wherever possible, specialist coaches are employed to enable the children to receive expert tuition in a wide range of sporting activities. Furthermore, children in EYFS and Key Stage 2 attend swimming lessons. Children from Y1 – Y6 are also offered opportunities to attend residential outdoor and adventurous courses. With the use of a consistent and whole-school approach to PE is provided, based upon the development of fundamental movement skills through specific sports and the development of the whole child. We encourage pupils to compare their performances with previous ones and demonstrate improvement to achieve their personal best. Pupils are taught to observe the conventions of fair play, honest competition and good sporting behaviour as individual participants, team members and spectators.

### **Planning**

PE planning is carried out in three phases (long-term, medium term and short term). The long term plan maps key questions studied across topics throughout the year. This has been an agreed a whole school approach and, where possible, ties in to popular global sporting events as well as more localised school competitions. The medium term plans, linking to REAL PE, comprise of units of work, with a range of objectives to be taught. Individual lesson plans are also provided, which set out the teaching pattern of skill development and application in the context of a specific sport.

### **Assessment**

Teachers teach and assess lessons according to objectives given for each unit of work and development within the fundamental movement skills. Assessments are made on an ongoing basis by the teacher through observation. Children are assessed as developing, meeting or exceeding within each area of the curriculum. The PE leader is responsible for tracking this assessment data.

### **Foundation Stage provision**

PE is taught similarly in the foundation stage, with close links to the EYFS curriculum. Children begin to explore movement and are introduced to a variety of ways to improve physical development.

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The key movement skills are broken down and targeted in order to provide the foundations for sporting activities throughout the school. A well-developed learning environment encourages physical activity and stimulates physical development from an early age.

### **Knowledge Organisers**

To assist with teaching and learning, a series of knowledge organisers have been created for each area of Physical Education. These organisers discuss progression throughout the topic, describe a range of suitable activities and highlight key vocabulary for each unit. To assist with home learning, they are also accessible via the school website.

### **Inclusion**

We teach PE to all children, no matter their age or ability. We aim to provide a broad and balanced education that reaches and challenges all children. Teachers aim to provide learning opportunities matched to the needs of children with learning difficulties, and our work in PE takes into account targets set for individual children in their Learning Plans.

### **Adaptive Teaching**

Adaptive teaching in PE will be achieved through 'STEP' principles:

- S – Space: Modify the space by increasing or decreasing the area in which a task is to be performed or the distance over which a task is completed.
- T – Task: Modify the task by changing the demands, the rules of the activity, the number of times the child is to repeat the task, teaching cues, direction/level/pathway of movement or length of time to complete the task.
- E – Equipment: Modify the equipment by changing the size, height or layout of equipment.
- P – People: Modify the people involved by having children work alone, with a partner, as a leader or follower, or in a small group.

### **Participation**

Participation of PE is mandatory for every child, unless they have a medical reason not to participate. Where possible, children will still be given an active role in lessons, either in a leadership or support role. Children who cannot participate at all must complete a non-participant form to explain why they are unable to take part and describe the activities taking place.

### **Kit**

It is the legal responsibility of every parent/carer to provide an appropriate PE kit for their child. To support families of children in Year 1 – Year 6, a £9 PE kit voucher will be issued each year to be used to purchase the outdoor PE kit. Darlington Street Nursery children only need PE pumps and these will be kept in school. Reception children only need the indoor PE kit and this is to be kept in school and taken home at half term to be washed. On the days children in Year 1 – Year 6 have indoor and outdoor PE lessons, PE kits are to be worn to and from school, to ensure children are maximizing the amount of teaching time during each lesson. In line with our School Uniform Policy, no jewellery should be worn to school in any situation, but the wristwatch permitted by our school policy must be removed prior to the lesson.

The indoor PE kit should include:

- Plain navy blue shorts with school logo
- School blue PE t-shirt
- Plain white T-shirt with school logo
- Black Pumps

The outdoor kit should include:

- School tracksuit top with school logo
- School tracksuit trousers/shorts
- Trainers
- School blue PE t-shirt

Click the link to see our full [School Uniform Policy](#)

### **An 'Active School'**

Increased levels of physical activity within children is shown to have a positive impact on academic achievement, cognitive functioning, behaviour, concentration, self-esteem and attendance. For this reason, we provide a wide range of opportunities to allow children to be more physically active. After school clubs provide opportunities for children to experience a wide range of sports-based activities, and these are organised by a range of teaching staff and specialist coaches.

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Lunchtime supervisors and play leaders run a series of games and challenges throughout the school day. Also, children across school have access to complete extra physical activity using permanent playground fixtures. Combined with the extra opportunities provided by inter and intra-school sports events, a positive attitude towards physical activity is fostered, with the aim of developing a love for Physical Education both within school and later in the children's lives.

### **Sports Premium Funding**

At St. George's Central, sports premium funding is used to make additional and sustainable improvements to the quality of physical education, physical sport and physical activity. More information regarding funding can be found on the school website.

### **The Role of the PE Leader**

- To write a PE policy in consultation with other members of staff, governors.
- To provide a progression of skills document which will show expectations of what children should achieve in each year group.
- To write an annual action plan showing key areas of development for PE.
- To advise and support teachers on the PE curriculum, providing CPD where necessary.
- To ensure the adequate and appropriate provision of resources, and that teachers are aware of how to use the resources available.
- To arrange the purchase of PE resources within an agreed budget, including the allocation of the Sports Premium funding.
- To keep up to date with recent educational thinking about the teaching of PE and to attend courses and relevant training.
- To advise the Headteacher of strengths and areas for development in the PE curriculum and resources within the school.
- To monitor the impact of teaching and of the PE curriculum through assessment data, pupil/staff voice and observations.

### **The role of The Governing Body**

To ensure that:

- There is a current policy statement and curriculum for the teaching of Physical Education that is in line with the National Curriculum.
- Physical Education is included in the curriculum.
- Sufficient time and resources are devoted to Physical Education to enable the school to meet its legal obligations and to deliver a quality Physical Education curriculum.
- A named PE/Sports Premium governor will the governing body aware of all major issues related to physical education in the school and the spending of the Sports Premium grant.
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### **The role of the Headteacher**

To ensure that:

- Physical Education is provided in accordance with the National Curriculum for all registered pupils at the school.
- Appropriate staffing and resources are made available to meet the aims and objectives of Physical Education within the school.

### **Conclusion**

At St. George's Central we believe that it is our professional duty to share this policy with all new members of staff, parents and carers on request. The policy will be reviewed in the light of experiences, new developments or requirements. The leader will discuss any aspect of this policy on request.

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