



Physical Education Policy

Date Agreed by Governors: April 2025

Review Date: _____

Signed: _____ (Chair of Governors)

Signed: _____ (Headteacher)

PE Philosophy

Here at Sherdley Primary School we are committed to delivering vibrant learning through an exciting range of physical activities and providing opportunities for competition, self-improvement and learning good team work, sportsmanship and self-discipline. Through dynamic teaching and valuable assessment for learning, we aim to teach excellent quality PE and through this, assist pupils to understand and live a healthy, active lifestyle.

Sports Pupil Premium Funding

The government has provided additional funding to improve provision of physical education (PE) and sport in primary schools. This funding – provided jointly by the Departments for Education, Health and Culture, Media and Sport – was allocated to primary school Headteachers.

See our website for full details of how Sherdley has spent the Sports Premium funding:
www.sherdleyprimary.co.uk

Rationale

This policy is a statement of aims and strategies for the teaching and learning of Physical Education at Sherdley Primary School. As a policy its main purposes are:

- To enable structured and progressive developments in all areas of P.E.
- To provide equal learning opportunities for all children throughout the school.
- To encourage children to actively involve themselves in the maintenance of their own health, fitness and well-being.

Aims

- Teaching pupils to be more skillful in the ways to help them learn and develop.
- Developing habits leading to a healthy, active lifestyles and promote physical well-being.
- Helping pupils understand how the body responds to activity and to realise what they need to do to improve.
- Developing pupils' confidence in applying and adapting a range of skills in a variety of settings.
- Contributing to pupils' social and emotional development, by developing their self-confidence and self-esteem and promoting qualities such as commitment, fairness, tolerance, and sportsmanship.
- Developing the necessary skills to manage success in competitive and co-operative situations and also how to cope well with losing.

Teaching / planning

Staff have a Curriculum Map for the year and follow the Get Set 4 PE scheme. The scheme provides detailed lesson plans and objectives, equipment lists for lessons and knowledge organizers for units. Staff can utilize the planning and make necessary adaptations to suit the needs of all learners in their class. Children are taught PE in line with the 2014 National Curriculum. They are expected to have 2 hours of PE a week.

Challenge is very important within lessons, for children and staff. At Sherdley, we ensure PE lessons are well differentiated for all abilities and all pupils are challenged to achieve their very best. Lessons are there to build on what the pupils already know, understand and can do. The teacher then identifies what pupils need to do next in order to improve and uses the curriculum documents in place to further learning. Children are encouraged to self-assess and peer-assess within lessons to further deepen their understanding of vocabulary and skills whilst motivating themselves to improve skills.

Staff are supported by the PE coordinator- Miss Hannah Williams. Relevant and useful CPD and information is shared to staff throughout the year to support the delivery of high-quality PE.

Foundation Stage

PE falls into the EYFS curriculum under Physical Development. Children should have access to outdoor provision throughout the day, alongside PE lessons. Challenging and engaging activities should be incorporated into the outdoor space so children can develop their gross motor skills. For children to reach the Early Learning Goal for Physical Development, (**Early years foundation stage (EYFS) statutory framework, updated November 2024**) it states for children to:

- Negotiate space and obstacles safely, with consideration for themselves and others.
- Demonstrate strength, balance and coordination when playing.
- Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.

KS1

Children should:

- Develop fundamental movement skills, becoming increasingly competent and confident in a broad range of opportunities.
- Regularly engage in competition – against themselves and against others.
- Take part in cooperative activities with increasingly challenging situations.
- Participate in team games, developing simple tactics for attacking and defending
- Apply the skills of running, jumping, throwing, and catching, as well as developing balance, agility and coordination, to a range of different activities and scenarios.
- Where possible be able to link skills to real life examples where they need them.
- Be physically exerted in PE to help lead a fitter, more active lifestyle.

KS2:

Children should:

- Enjoy collaboration, communication and competition with each other.
- Develop an understanding of how to evaluate and recognise their own success and work towards improving their own PBs (personal bests).
- Understand what they need to do to improve their own performance.
- Play competitive games and apply the principles of attacking / defending.
- Be physically exerted in PE to help lead a fitter, more active lifestyle.

P.E. is taught by individual class teachers twice a week. Sometimes specialist coaches are brought in to deliver units to staff and children.

PE Curriculum Map 2024-2025 See appendix 1

Swimming in KS2:

Children have weekly swimming lessons throughout the year in Year 3 to 5, with the expectation of children being able to swim 25m unaided by the end of Year 5. If any children do not achieve this, we have now put in place provision for them to additional lessons in Year 6, so they can meet this standard. We believe that this is a vital life skill and ultimately one that may save a child's life!

Assessment / monitoring

Staff observe and assess children throughout all PE lessons. This enables staff to adapt planning to ensure children are making effective progress and have optimal learning opportunities. Staff use the success criteria and assessment tools on the Get Set 4 PE website and upload data onto Insight half termly.

Children are questioned through lessons and staff use the Knowledge Organizers to expose children to correct age-appropriate vocabulary. Children are encouraged to self-assess and take ownership of their own learning. They can deepen their understanding of skills and concepts by assessing peers too.

The importance of a healthy, active lifestyle and the benefits of this are a regular part of our PE at Sherdley, supplemented by Science and PSHCE learning.

Resources

School have invested into a variety of resources to support the teaching of PE across school. The equipment is clearly labelled and kept in the PE 'pod', KS1 hall and KS2 hall. Children are expected to help set up and put away equipment under adult supervision. By so doing, the children learn to handle equipment safely. Staff are responsible for returning PE equipment and resources to the KS1, KS2 trolley and the 'pod', an equipment list is shared with staff so that they can easily find where resources are stored. Staff should model tidying and organizing resources after use to encourage children to respect the resources in school. The children use the school grounds for games and athletics activities. The local swimming pool is used for swimming lessons.

Health and Safety

Health and Safety issues in P.E. include the following guidelines to teachers:

- Check that equipment is safe and suitable for use on the particular day you use it – report any issues to Health and Safety liaison.
- Ensure there is adequate supervision and that discipline is good.
- Pupils should be taught to understand the need for safe practice in physical education and how to achieve this.
- Pupils should be set only work that they are sufficiently competent to cope with.
- Clothing – suitable (indoor/outdoor kits), so presents no hazard, bare feet or pumps indoors, nothing to get caught, hair tied back, jewelry/watches & earrings removed.
- In the event of a child having incorrect kit the teacher should make an informed decision whether it is appropriate and safe for the child to participate, if not, then a referring or assisting role should be used or a spare kit should be given out. Particular care should be taken if PE is out of doors and the weather is adverse, i.e. very cold day and only a t-shirt and short would not be appropriate or safe for a child to participate.
- Expectation that the teacher will dress appropriately for all PE lessons to avoid injury and promote good practice.

Extra-Curricular Clubs:

The range of extra-curricular clubs on offer allows our children to have access to a multitude of different sports and activities ensuring that children have access to a range of sporting activities and competitions. These opportunities alongside competitions and tournaments entered throughout the year foster a sense of pride in the school, team spirit and co-operation. Participation levels for extra-curricular clubs are monitored half termly by the PE Coordinator

Appendix 1-
Curriculum Map 2025-2026

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS						
Nursery	Introduction to PE 1	Fundamentals unit 1	Gymnastics unit 1	Dance unit 1	Ball skills unit 1	Games unit 1
Reception	Introduction to PE 2	Fundamentals unit 2	Gymnastics unit 2	Dance unit 2	Ball skills unit 2	Games unit 2
KS1						
Year 1	Fundamental skills Ball skills	Dance	Gymnastics	Sending and receiving	Net and wall Athletics	Invasion games
Year 2	Fundamental skills Ball skills	Dance	Gymnastics	Sending and receiving	Net and wall Athletics	Invasion games
KS2						
Year 3	Dance Fundamental skills	Gymnastics Ball skills	Yoga Tennis	OAA Netball	Athletics Handball	Rounders Football
Year 4	Dance Dodgeball	Gymnastics Handball	Yoga Netball	OAA Basketball	Athletics Rugby	Cricket Tennis
Year 5	Dance Badminton	Gymnastics Dodgeball	Yoga Volleyball	OAA Tennis	Athletics Basketball	Cricket Rugby
Year 6	Dance Netball	Gymnastics Volleyball	Yoga Badminton	OAA Fitness	Athletics Tennis	Rounders Football

