PE Policy

St. Mary's RC Primary School

Mission Statement

We live learn and grow together with Jesus through:

- Showing love to all
- Encouraging friendship to include everybody
- Acting with honesty through prayer
- Being thankful for all God's gifts
- Remaining respectful through our actions
- Forgiving someone when they are sorry
- Displaying patience by being calm and caring
- Demonstrating compassion to everyone in God's family
- Leading in service by supporting our school community

Written by: Laura Woodcock
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Approved by governors on: October 2026
Policy will be reviewed: Every Three Years

1. Aims and Objectives

Physical Education (PE) develops children's physical competence, confidence, knowledge, skills and understanding so that they can enjoy being active and make informed choices about leading healthy, active lives.

PE provides opportunities for children to become physically confident in ways that support their health, fitness and wellbeing. Through participation in physical activities and sport, children develop resilience, determination, teamwork, leadership, fairness and respect for others.

The aims of PE at Mission St Mary's Roman Catholic Primary School are:

- To develop competence and confidence in a broad range of physical activities.
- To encourage children to be physically active for sustained periods of time.
- To promote healthy, active lifestyles and positive mental wellbeing.
- To develop fundamental movement skills, including agility, balance and coordination.
- To enable children to work independently and collaboratively.
- To develop children's ability to plan, perform and evaluate physical activities.
- To foster enjoyment, creativity and personal achievement in physical activity.
- To encourage participation in competitive and co-operative activities.
- To teach children how to apply attacking and defending principles in games.
- To develop children's understanding of safety, fair play and good sporting behaviour.
- To inspire lifelong participation in physical activity and sport.

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2. Teaching and Learning

At Mission St Mary's, we use a variety of teaching and learning approaches to ensure that all children are engaged and challenged.

Teachers provide opportunities for children to:

- Learn through exploration and practical activity.
- Work individually, in pairs and as part of a team.
- Observe, analyse and evaluate performances.
- Develop tactical awareness and problem-solving skills.
- Compete against themselves and others appropriately.
- Take increasing responsibility for their own learning.

Teachers use:

- Demonstration and modelling.
- Guided and independent practice.
- Questioning and reflection.
- Self-assessment and peer assessment.
- Video analysis and digital technologies where appropriate.

Children are encouraged to develop resilience, perseverance and a positive attitude towards challenge.

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3. Inclusion and Equality

We are committed to providing equal opportunities for all pupils regardless of age, gender, race, religion, disability, social background or ability.

All children are entitled to access a broad and balanced PE curriculum.

Teachers ensure inclusion by:

- Adapting activities and equipment where appropriate.
- Providing differentiated tasks and levels of challenge.
- Using flexible groupings.
- Ensuring pupils with SEND can fully participate.
- Celebrating individual achievement and progress.

Where necessary, staff work in partnership with parents, external agencies and the SENDCo to ensure children receive appropriate support and reasonable adjustments.

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4. Curriculum Planning

PE is taught in accordance with the National Curriculum and forms an important part of the school's broad and balanced curriculum.

The curriculum is planned progressively from EYFS to Year 6 to develop knowledge, skills and understanding over time.

Key Stage 1

Pupils are taught to:

- Master basic movements including running, jumping, throwing and catching.
- Develop balance, agility and coordination.
- Participate in team games.
- Develop simple attacking and defending tactics.

- Perform dances using simple movement patterns.

Key Stage 2

Pupils continue to develop and apply skills through:

- Games and sports.
- Dance.
- Gymnastics.
- Athletics.
- Outdoor and adventurous activities.
- Swimming and water safety.

Pupils learn to evaluate and improve their own performances while developing communication, collaboration and leadership skills.

Curriculum planning takes place at:

- Long-term level (whole-school overview)
- Medium-term level (unit planning)
- Short-term level (individual lesson planning)

Learning builds systematically on prior knowledge and experiences.

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5. Early Years Foundation Stage (EYFS)

Physical Development is one of the three Prime Areas of Learning within the EYFS.

Children are provided with daily opportunities to develop:

Gross Motor Skills

- Balance
- Coordination
- Strength
- Spatial awareness
- Agility
- Core stability

Fine Motor Skills

- Hand-eye coordination
- Pencil control
- Manipulation of tools and equipment

Children access a range of indoor and outdoor activities which support active learning and physical development.

Teaching is planned to support children in achieving the Early Learning Goals for Physical Development and provides opportunities for both adult-led and child-initiated learning.

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6. PE Across the Curriculum

English

PE provides opportunities for pupils to:

- Discuss performance.
- Explain tactics and strategies.
- Use subject-specific vocabulary.
- Reflect on learning and improvement.

Mathematics

Children may:

- Measure distances and times.
- Interpret scores and statistics.
- Use positional and directional language.

Computing

Technology may be used to:

- Record performances.
- Analyse movement.
- Support assessment.
- Research sporting events and athletes.

PSHE and RHE

PE contributes to children's understanding of:

- Healthy lifestyles.
- Physical and mental wellbeing.
- Relationships and teamwork.
- Perseverance and resilience.
- Respect for others.

Spiritual, Moral, Social and Cultural Development

PE supports children in developing:

- Respect and fairness.
- Self-discipline and responsibility.
- Cooperation and teamwork.
- Appreciation of different cultures through sport and dance.
- Confidence and self-esteem.

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7. Special Educational Needs and Disabilities (SEND)

All pupils are entitled to participate fully in PE.

Appropriate adaptations may include:

- Modified equipment.
- Alternative activities.
- Additional adult support.
- Flexible grouping arrangements.
- Adjustments to rules and expectations.

Teachers work closely with the SENDCo to ensure activities meet the needs of pupils with SEND and any outcomes identified within Individual Support Plans or Education, Health and Care Plans (EHCPs).

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8. Assessment

Assessment is an ongoing process that informs teaching and learning.

Teachers assess pupils through:

- Observation.
- Questioning.
- Self-assessment.
- Peer assessment.
- Performance analysis.

Assessment information is recorded using the school's agreed assessment systems, including PE Passport.

Teachers make judgements against year group expectations and use assessment information to:

- Celebrate achievement.

- Identify next steps.
- Inform future planning.
- Report progress to parents.

Assessment information is passed to the next class teacher to support continuity and progression.

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9. Swimming and Water Safety

Swimming and water safety are taught as part of the Key Stage 2 curriculum.

By the end of Key Stage 2, pupils should be able to:

- Swim competently, confidently and proficiently over a distance of at least 25 metres.
- Use a range of strokes effectively.
- Perform safe self-rescue in different water-based situations.

The school monitors swimming attainment and provides additional support where possible.

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10. Resources

The school maintains a range of high-quality equipment and resources to support the delivery of PE.

Resources are stored safely and checked regularly for suitability and condition.

Children are taught how to handle, use and store equipment responsibly and safely.

School facilities include:

- Indoor hall space.
- Outdoor playground areas.
- Playing field facilities.
- Access to swimming provision.

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11. Health and Safety

The safety of pupils is of paramount importance.

Teachers:

- Conduct appropriate risk assessments.
- Ensure equipment is safe and fit for purpose.
- Follow school health and safety procedures.
- Take account of pupils' medical needs and disabilities.
- Provide suitable supervision at all times.

Pupils are expected to:

- Wear appropriate PE kit.
- Remove all jewellery before participation.
- Tie back long hair.
- Follow safety instructions carefully.

Staff are expected to model safe and appropriate practice when teaching PE.

For health and safety reasons according to The Association for Physical Education, all jewellery, including earrings, should be removed before participating in PE. If earrings cannot be removed due to recently pierced ears, they must be covered securely with tape and activities may be adapted following an appropriate risk assessment.

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12. Physical Activity, Sport and Wellbeing

Mission St Mary's is committed to promoting healthy lifestyles through regular physical activity.

Opportunities include:

- High-quality PE lessons.
- Active playtimes.
- Active learning opportunities.
- Sports clubs.
- Intra-school competitions.
- Inter-school competitions.
- Outdoor learning experiences.

We recognise the important contribution physical activity makes to:

- Physical health.
- Mental wellbeing.
- Academic achievement.
- Personal development.

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13. Extra-Curricular Activities

The school offers a variety of sporting and physical activity opportunities which may include:

- Football
- Cricket
- Dodgeball
- Multi-skills
- Athletics
- Dance

The programme is reviewed annually according to pupil interests, staffing and available provision.

The school participates in local festivals, competitions and sporting events and aims to provide opportunities for all children to represent the school.

Educational visits and residential experiences provide valuable opportunities to develop outdoor and adventurous activity skills, independence, teamwork and resilience.

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14. PE and Sport Premium

The school uses the Primary PE and Sport Premium to improve the quality of PE, physical activity and sport.

Funding is used to:

- Improve teacher confidence and subject knowledge.
- Increase participation in physical activity.
- Broaden sporting opportunities.
- Develop sustainable improvements in PE.
- Promote healthy, active lifestyles.
- Increase engagement of all pupils, particularly the least active.

Details of PE and Sport Premium spending and impact are published annually on the school website.

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15. Monitoring and Review

The PE Subject Leader is responsible for:

- Monitoring standards and progress.
- Supporting staff.

- Evaluating curriculum effectiveness.
- Reviewing assessment information.
- Auditing resources.
- Keeping up to date with national developments.
- Developing an action plan for continued improvement.

Monitoring activities may include:

- Lesson observations.
- Learning walks.
- Pupil voice.
- Planning scrutiny.
- Assessment reviews.
- Resource audits.