



“Let your light shine” Matthew 5:16

PE Policy

POLICY AND TERMS OF REFERENCE DATES:

- **Review undertaken by the School Development Group**
- **Policy Review Period: 3 years**
- **This revision: September 2025**

This policy is intended to provide clear guidance for the delivery of the PE curriculum throughout the school and over the three key stages: Foundation Stage, Key Stage One and Key Stage Two.

Aims and Objectives:

Physical Education (PE) develops children's physical competence and confidence; it also aids their ability to perform in a range of physical activities. It promotes enjoyment, physical skill, physical development and knowledge of the body. Physical education provides opportunities for children to be creative. It also provides them with opportunities to experience competition, both in individual and group settings.

Physical Education helps promote the positive attitudes needed to maintain an active and healthy life style. It is unique in that it is taught through physical activity in weekly practical lessons both indoors and outdoors, in a wide range of vigorous, physical, creative and aesthetic settings.

It provides pupils with the generic skills, knowledge and understanding they need to become physically literate, and at the same time gives most of them their first regular experiences of sport. At All Saints we expect Physical Education to enthuse and inspire pupils to participate fully and develop a life-long love of physical activity, sport and exercise.

We believe that PE provides opportunities to experience the benefits of co-operation with, and competition against, peers in a controlled environment. Children are encouraged to be supportive of one another and tolerant of difference in capability. Children are also taught to be proud of their achievements and have confidence in their ability to make progress.

At All Saints we are committed to an equal opportunity policy. We ensure that all children, regardless of gender, ability and culture receive the same experiences through their PE programme.

The aims of PE are:

- to promote fitness and a healthy development in the growing child to act as a springboard for a healthy, active adult lifestyle
- to acquire and develop skills and apply them with increasing physical competence and confidence
- to enable each child to develop their potential physical skills in order to make their own decisions in a PE context helping them become more independent learners

- to provide the opportunity for children to experience a variety of sports, games and other physical activities as well as engage in competitive sports and activities
- to develop a personal understanding of physical activities and competitive situations such as commitment, fairness, playing to the rules and 'team spirit'
- to help children develop an awareness of and respect for safe practice in all aspects of PE
- to develop children's observational skills and technical vocabulary in order that they make constructive and informed comments both on their own work and that of others
- To be physically active for sustained periods of time

Children learn best when learning activities are well planned, ensuring progress in the short, medium and long term.

Entitlement and Provision

- Foundation Stage

Children are encouraged to participate in a range of physical activities. They experience daily sessions of physical activity alongside the taught sessions of curriculum PE each week. The Foundation Stage curriculum follows objectives set out in the Early Learning Goals. Through these, children learn the basic skills of spatial awareness, control and co-ordination in the way they move and control simple equipment. The children are given opportunities to explore and manipulate a range of larger equipment in order to build their confidence to participate. They have access to the outdoor activities as part of their physical development provision where they can further develop such skills.

- KS1 and KS2

At key stages 1 & 2, pupils' physical competence and confidence is developed through a range of activities, taught by class teachers, teaching assistants and visiting coaching staff. Physical activities encourage skillfulness, creativity, competitive challenges and positive attitudes towards active and healthy lifestyles. The children at All Saints are entitled to a progressive and comprehensive physical education which covers the National Curriculum. This is summarised here:

KS1- Mastering basic movements, developing balance, agility and coordination, participating in team games and performing dances using simple movement patterns. All key stage one children will receive two hours of physical education a week.

KS2- All key stage two children will receive two hours of physical education a week. By the end of Key Stage 2 all pupils are taught how to:

run, jump, throw and catch in isolation and in combination, play competitive games such as tennis, netball, cricket and basketball, develop their flexibility, strength, technique, control and balance, perform dances using a range of movement patterns, take part in outdoor and adventurous activities and compare their performances with previous ones.

- Whole School

In each class, planned 'active learning' breaks are used daily to ensure children are being as active as possible, ensuring an 'active' learning break is initiated when required. There are also sporting extra-curricular activities, such as after school clubs, competitions and visits by sporting experts.

All children also access swimming on a daily basis for a 6 week period in the summer term, where they learn to develop their ability to swim competently, confidently and proficiently over a distance, use a range of strokes effectively and perform safe self-rescue in different water-based situations.

Children learn best when teaching and learning activities enthuse, engage and motivate them to learn and when they foster their curiosity and enthusiasm for learning.

Making Links - We have close links with the other primary schools within the Sherborne area as well as The Gryphon School (Secondary School). The PE leader attends termly meetings to discuss fixtures and how to improve our PE provision within our local area. We also use the facilities in our local area to ensure our children experience high quality provision, such as The Gryphon School, The Terraces, Sherborne Girls' School and Sherborne Tennis club. The school is affiliated to Active Dorset and attends events organised by the North Dorset School Games Organiser such as Play Leader training and Change 4 Life training.

Learning Resources- There is a variety of games equipment available at All Saints. Pupils are able to work with balls, bats and rackets which are best suited to their age and stage of development. Children are encouraged to select the equipment they require, but it is the responsibility of the staff to ensure that this is carried out properly and safely. Equipment should be returned to its rightful place and children should be supervised to ensure that they are doing this properly.

The hall contains a range of large apparatus. The children are instructed in the safe handling of this equipment; however, it is the teacher's responsibility to ensure that it is correctly set up.

Children learn best when the learning environment is ordered, the atmosphere is purposeful and they feel safe.

Health and Safety - It is the responsibility of the teacher to ensure that the work area is as safe as possible. However, children are encouraged to consider their own safety and the safety of others at all times. Safety aspects are discussed with pupils prior to and during each PE session when they are asked to identify risks to themselves and others e.g. appropriate voice/noise levels, use of space, distance, and environment. In the case of an emergency all staff know what action to take, including calling for assistance in the event of an emergency. Pupils with asthma need to have their inhalers readily available at all times.

PE Kit - Children should dress appropriately for PE lessons. Children should change for PE, partly for hygienic reasons, but also to ensure that the clothing is suitable for the activity.

For indoor activities, pupils are expected to wear a t-shirt and shorts and go barefoot or wear indoor PE shoes. For outdoor activities, they will also need a pair of socks and a pair of PE shoes. In cold weather, children should be encouraged to wear additional clothing, as long as it is appropriate. In very hot weather, children should wear sun hats. In KS2 children are also encouraged to have a pair of studded boots for winter games lessons. All kit should be clearly named.

Long hair needs to be tied back with secure fastenings. Alice bands are not suitable.

Watches need to be removed. The School prospectus gives guidelines concerning the wearing of watches and safety regulations regarding pierced ears and other body ornaments.

Members of staff set a good example by wearing appropriate footwear and clothing for PE lessons which allows for a good range of movement.

Changing – pupils up to and including Year 4 change together in their own classroom leaving their clothes folded tidily on their chairs. In classes from Year 2, boys and girls will change on separate sides of the classroom. There is provision for Year 5/6 girls to change in the girls' washrooms.

Non-participants – children unable to take part actively should be involved in the PE lesson in non-active ways, e.g.: observe work, relay instructions, suggest ideas. Communication from a parent or carer must be made requesting a child's non-participation. This should be kept on record to ensure a pattern of avoidance does not occur.

If pupils forget their kit they should still take part by borrowing kit from the sports cupboard or the lost property box. If a child forgets their kit, communication will be made with home (a text or email will be sent). If a child forgets their kit 3 or more times in a term, the designated PE leader will meet with parents/guardians to discuss how the school can support their child in being organised and ready for PE.

Children learn best when assessment informs teaching so that there is provision for support, repetition and extension of learning for each child at each level of attainment.

Assessment

The teaching adult will assess children's learning outcomes in PE by making assessments as they observe them working during lessons against the learning objectives. This is provided through verbal feedback. At the end of each unit of work there are further assessment opportunities; intra-school competitions where children are able to compete against each other or performances of short gymnastic or dance sequences. A written report to parents/guardians will be sent out in the summer term to report on achievements and progress made in PE.

Children learn best when there are strong links between home and school and the importance of parental involvement in their child's learning is recognised, valued and developed.

Extra-curricular Activities

At All Saints we actively encourage the participation of as many of our pupils as possible in intra- and inter-school competition. Such competitions include: School Sports Day, School Swimming Gala, Area Tag Rugby, Football, Netball, Basketball, Cross Country, Cricket, Rounders, Athletics and Swimming. Also Quad Kids competitions and Bisi Festivals.

Parents are actively encouraged to support their children by watching matches against schools in the Sherborne cluster, and whenever possible, against other schools in North Dorset.

We welcome any sporting initiative offered by parents.

A range of resources-balls, skipping ropes, are provided for break-time and lunch time activities to encourage child initiated play or activities organized by the Playground Leaders. We also have a designated leader who leads Breakfast Club and lunchtimes, ensuring children have active learning opportunities at these times.

Leadership and Management

Care of resources- Any losses or breakages should be reported to the subject leader as soon as possible.

The key roles for the PE subject leader are:-

- to organise resources through carrying out an annual audit
- to support other members of staff by demonstrating good practice, commitment and enthusiasm
- to monitor the effectiveness of planning, teaching and assessment
- to keep up to date with developments and overseeing the extra-curricular activities that relate to PE
- to attend PLT meetings
- to carry out risk assessments of working areas (see Appendix)

Running Track

The running track around the school field will be used by classes throughout the day to encourage physical fitness and as a learning break.

Swimming Pool

In the second half of the summer term, every pupil will swim every day.

Appendix P.E. Working Areas and Risk Assessment

1. Hall:

- Floor surface must be clean and dry; no staples from boards or food on floor. Please do not use drawing pins in hall displays.
- Where reasonable non-essential equipment should be removed, e.g. assembly table. Apparatus-ropes and ladders to be firmly fixed. Mats to be securely stacked in trolley and the brakes applied. Benches should not be stacked.

2. Playgrounds:

- Do not use after heavy frost.
- Avoid area by pergola and pond in KS1 playground when wet as moss/mud builds up between materials making it slippery.
- S.E. corner of KS2 playground needs clearing of mud after periods of heavy rainfall.
- Netball stands should be placed in a non-active area if not in use for the lesson.
- Encourage children not to run or jump into the wire fence.
- Check start of each half term for overhanging branches from field.
- Play-trail equipment is checked weekly and recorded.
- Play-trail equipment is adult supervised.

3. Field:

- Physical conditions will dictate whether it is suitable to use, e.g. rainfall, temperature, wind.
- When field is available check for:- stones, 'presents' from badgers/cats
- Check that goal post holes are suitably covered.
- In hot weather encourage use of sun hats.

4. Swimming Pool:

- All pupils to visit the toilet before their swimming session
- Pupils may only enter surround when a member of staff is present
- Water is checked regularly when in use for Cl and PH levels and records are kept
- All sessions require at least 2 adults to be present at all times.
- Pupils to enter and exit water by steps and to reverse down steps with adult in attendance. Non-slip matting is available at each end of the ladder.
- See Swimming Pool Risk Assessment and Operating Instructions for further details.