



Physical Education Policy

Please also refer to SEND Policy, Equalities Act 2010, Uniform Policy, Curriculum Policy

West Heath Primary will continuously strive to ensure that everyone in our school is treated with respect and dignity. Each person in our school will be given fair and equal opportunity to develop their full potential with positive regard to gender, ethnicity, cultural and religious background, sexuality or disability. West Heath Primary School is committed to safeguarding and promoting the welfare of children and young people and expects all staff to share this commitment. Please also refer to the No Platform, Visiting Speaker Policy

Owner	PE Coordinator
Date of review	September 2026

West Heath Primary School Physical Education Policy

Overview

Physical Education (PE) is an essential part of the education of every child at West Heath Primary School. Through purposeful, inclusive and high-quality physical activity, pupils are supported to develop the knowledge, skills, confidence and motivation needed to lead active and healthy lives. PE promotes physical development, fitness and an understanding of how the body works, while also developing important personal qualities including perseverance, teamwork, organisation, fair competition and resilience. Our PE provision aims to give every child opportunities to experience success, challenge themselves and develop positive attitudes towards physical activity, themselves and others.

Funding

Schools receive PE and sport premium funding based on the number of pupils in years 1 to 6. This funding must be used to make additional and sustainable improvements to the quality of PE and sport we offer.

We use the premium to:

- Develop or add to the PE and sport activities that we already offer.
- Build capacity and capability within the school to ensure that improvements made now will benefit pupils joining the school in future years.

There are 5 key indicators that we should expect to see improvement across: the engagement of all pupils in regular physical activity - the Chief Medical Officer guidelines recommend that all children and young people aged 5 to 18 engage in at least 60 minutes of physical activity a day, of which 30 minutes should be in school.

- The profile of PE and sport is raised across the school as a tool for whole school improvement;
- Increased confidence, knowledge and skills of all staff in teaching PE and sport.
- Broader experience of a range of sports and activities offered to all pupils.
- Increased participation in competitive sport.

As part of the funding criteria, we are required to publish details (on our website) of how we plan to spend the monies and a review of the impact on pupil outcomes.

Aims/Objectives

In order to promote active and healthy lifestyles all children should:

- be physically active
- adopt the best possible posture and appropriate use of the body
- engage in activities that develop cardiovascular health, flexibility, muscular strength and endurance
- understand the need for personal hygiene in relation to vigorous physical activity

In order to develop positive attitudes all children should:

- follow the conventions of fair play and honest competition
- cope with success and limitations in their performance
- persevere with and consolidate their performances
- be mindful of others in their environment

Strategies

At West Heath Primary School, PE is taught through:

- Exposition (demonstration, explanation and instruction) by the teacher to the class, groups or individuals
- Practical activity and related discussion
- Co-operative group work
- Consolidation and practice of fundamental skills
- Opportunity to discuss and reflect on their work
- Use of professional/qualified coaching to enhance current provision within school
- Extended high-quality provision through after school activities making use of professional / qualified coaches
- Use of community facilities – local swimming baths

Curriculum

The areas of physical activity, including games, gymnastics, dance, athletics, swimming and outdoor and adventurous activities, are taught in accordance with the National Curriculum. The PE curriculum at West Heath Primary School is inclusive and is designed to develop the whole child through our Head, Heart and Hands approach. This recognises that success in PE is not limited to physical performance. Pupils develop their physical skills and techniques (Hands), their knowledge, understanding and decision-making (Head), and their values, attitudes and personal development (Heart). Our curriculum map provides clear progression across these areas and enables pupils to understand how they can improve in a wide range of sports and physical activities.

West Heath Primary School has adopted the Head, Heart and Hands scheme developed by the PE department. The scheme is available within the sports section of the school website. Each year group follows the agreed long-term curriculum plan to ensure clear continuity, appropriate challenge and progression in knowledge, skills and personal development from Reception to Year 6.

Role of Curriculum Subject Leader

- To encourage other members of staff in their teaching of PE and to give support where appropriate.
- To encourage staff to work within the guidelines laid down in the PE policy.
- To keep up to date with current good practice and with national changes within the PE curriculum.
- To evaluate and update the Policy and Scheme and resources on a regular basis.
- To assist the Head teacher and Governors in the development of the School Improvement Plan.
- To manage a budget to purchase in line with the school's needs.
- To support members of staff in the use of effective planning, assessment and recording systems.
- To oversee an annual inspection of all PE equipment.
- To ensure that PE keeps a high profile within the school, through sports activities, external support, etc.

Outcomes

Planning for PE is initially shown in long term plans, which incorporates PE Resources Bank themes. Lesson plans (annotated from the schemes of work) show more detailed learning objectives and differentiated activities.

High-quality lessons should include:

- A statement of the learning objective
- A whole class risk assessment
- Teaching the children to warm up safely
- The teaching of skills and techniques
- The application and adaptation of learnt skills in games activities
- Modelling of correct technique
- Use of correct and specific technical vocabulary
- Performance and evaluation of each other's work
- Work which reflects the learning objective Teaching the children to cool down safely
- Teaching the children, the impact PE has on their bodies

Monitoring and Evaluation

Summative and formative assessment in PE includes:

- Informally during the course of teaching through observation
- Children to complete a self-assessment at the start and end of each unit of work. This self-assessment tool to be used to support children in being reflective in their lessons and with their achievements
- At the end of each unit of work teachers to complete pupil assessments in order to update the children's attainment and progress in that area of PE.
- Assessment information is used to support reporting to parents and carers.

- Assessment information is also used to inform future planning and teaching.

Inclusion

In accordance with the school's SEND Policy, PE activities are differentiated to meet the needs of each pupil.

More Able and Talented pupils and children with *Special Educational Needs and Disability* will be identified through a range of activities. Their needs will be met through the development of individual or group programmes that encompass a range of learning styles and are designed to enrich the curriculum.

Equality

Teachers will ensure that all pupils have fair access to the PE curriculum, regardless of gender, race, or ability, in accordance with the school's Equality Policy.

Resources

All teachers have access to centrally stored PE resources. Resources are checked regularly to ensure that they meet health and safety requirements and are formally audited each year.

Health and Safety

Everyone has a duty under health & safety guidelines to ensure PE activities are carried out with due regard to the safety of staff and pupils in line with school, Local Authority and Health & Safety Policies. Advice can be sought from the Local Authority's adviser, or the staff members responsible for Health & Safety.

Reference should be made to the school's Risk Assessments. All staff have a copy of the Health and Safety Policy in school documentation file.

- Staff should carry out risk assessments with the children at the start of all PE lessons.
- All equipment, apparatus and environment should be checked before the start of every lesson by teacher and is the responsibility of the teacher
- Children should be given health and safety guidance through the lesson
- PE Kit Provision and Active Uniform

Active Uniform

On PE days, pupils should come to school wearing the school's agreed active uniform. This supports readiness for learning, maximises curriculum time and ensures pupils are appropriately dressed to participate safely and confidently in PE and physical activity.

The active uniform should consist of:

- Black trainers suitable for physical activity.
- Black shorts or black cycling shorts.
- Black jogging bottoms or black leggings.
- A plain white T-shirt.
- A school hoody.

All items should be practical, comfortable and appropriate for physical activity. Clothing should allow pupils to move freely and footwear should provide suitable support and grip for the activity and environment.

The school is committed to ensuring that access to PE is not restricted by a pupil's circumstances. Where a family experiences difficulty providing the required active uniform, parents and carers are encouraged to contact the school so that appropriate support can be considered. Reasonable adjustments will also be made where required in line with the school's SEND and equality policies.

If a pupil arrives without the correct active uniform, staff will respond in a supportive and proportionate way, with the priority being to enable the pupil to participate safely wherever possible. Repeated concerns regarding PE clothing will be communicated with parents or carers so that any barriers can be identified and addressed.

When travelling to sporting activities, the appropriate risk assessments are completed, and the followed issues addressed:

- All children wear seat belts
- All supervising adults to be aware of risk implications
- All transporting adults to be fully insured
- Parent permission for taking children out of school obtained
- Parent permission for children to be transported by other parents
- After school competitions children to be transported by their parents or a responsible adult who the child's parents have given permission. School to be informed.

AfPE safe-practice standards are consistently applied by staff, students and visitors across all aspects of PE, school sport and physical activity.

Out of School Hours Provision

Depending on the time of the year, West Heath Primary School provides opportunities for children in wide variety of areas. These after school clubs are updated and changing according to the interests of the children.

- After school clubs are available for children to attend from Reception to Year 6. A £1 fee will be applied per club each week.
- All sports clubs are open to both girls and boys and are delivered by qualified coaches or teachers who deliver high quality lessons.
- All sports clubs are open to pupils who have SEND and are delivered by qualified coaches who know the children and have an understanding of their specific SEN.
- The provision of Out of School Hours sports clubs is reviewed annually, and registers are kept to ensure opportunities are provided for all children

Monitoring

This policy will be monitored by the head teacher and the Curriculum, Standards, Teaching and Learning Committee of the Governing body.

