



HARLINGTON LOWER and SUNDON LOWER SCHOOL **PHYSICAL EDUCATION POLICY**

Approved by Board of Governors: September 2025
Next review: September 2028

In accordance with our curriculum, Equal Opportunities and Health and Safety policies, which should be read as a preface to this, the Physical Education Policy is designed to meet the needs of the full range of children and to be broad and balanced.

PHILOSOPHY

We believe that each child, irrespective of age, ability, race or gender, is entitled to receive a broad and balanced programme of physical activity, thus complying with the statutory requirements of the National Curriculum. Young people are educated in and through the use and knowledge of the body and its movement.

CURRICULAR AIMS

The purpose of learning physical activity is to give each child the opportunity of

- Developing physical competence in dance, gymnastics, games and outdoor pursuits.
- Promoting physical development and to value the benefits of participation in school and throughout life.
- Developing an artistic and aesthetic understanding within and through movement.
- Establishing self-esteem in order to be able to cope with success and failure in competitive and cooperative physical activities.
- Developing a healthy body and mind.
- Being aware of the need to observe key safety rules.
- Participate in competitive sport as an individual and as part of a team.

OUTCOMES

EYFS

We recognise the importance of Physical development in the Early Years Foundation Stage as a key of learning. There are two strands under Physical Development; Moving and Handling and Health and Self-care.

Moving and Handling: Children learn to develop good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space.

Health and Self-care; Children learn the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe. Children in EYFS access time and space to enjoy energetic play daily, using large portable equipment. Furthermore, specific Physical Development lessons give children the opportunity to practice movement skills through games with beanbags, cones, balls and hoops. They participate in activities where they can practice moving in different ways and at different speeds, balancing, target throwing, rolling, kicking and catching. These skills can then be built on when children enter KS1.

By the end of KS1 the children should be helped to:

- Recognise the changes that occur to their bodies during exercise and their short-term effects.
- Play simple games and understand the elements of games play.
- Develop, refine and improve their performances.
- Respond to music, explore moods and feelings and perform a variety of dance forms.
- Explore, perform and link weight bearing actions safely.

At KS2 the children should:

- Sustain energetic activities over appropriate periods of time in a range of physical activities.
- Understand the short-term effects of exercise on their body.
- Play and understand simplified versions of recognised competitive team and individual games.
- Express, compose and perform a variety of dance forms.
- Respond to challenges and solve practical problems.
- Develop, refine and improve their performance and basic techniques.
- To develop interdependency and team building skills.

ENTITLEMENT

All children receive 2 hours of high-quality P.E each week. At KS1 and KS2 children will be taught the knowledge, skills and understanding of P.E through Gymnastics, Games, Dance and multi-skills sessions.

In addition to this, children in Year 3 at Harlington are offered opportunities in Outdoor Adventurous Activities and Swimming sessions. Continuity and progression at both schools will be through the school scheme of work and curriculum overview, incorporating professional coaching plans from Premier Sport.

OUT OF HOURS' LEARNING

Activities are offered to children to extend, enhance and enrich their experiences in physical activity. The school liaises with a range of outside agencies to ensure continuity of the curriculum. These activities are available to children both after school and during lunchtimes.

Equipment is made available to all children at playtimes in the playground and is monitored by the Play Leaders/School Council for new ideas. Outdoor speakers have been provided at breaktime to encourage dancing and movement. Both schools have benefitted from new outdoor gyms with a range of different equipment. Sporting activities are celebrated weekly during Celebration assemblies and through weekly newsletters.

TEACHING AND LEARNING

- There is a time table for areas of Physical Education and this is reviewed annually.
- Children will set out and clear away equipment under supervision where appropriate.
- Provision will be made for those with SEN and More Able.
- Physical Education will be taught mainly as a whole class activity and include individual and group tasks.
- All teaching staff within the school are permitted to teach P.E. and any CPD requirements are carried out through either internal or external training.

EQUIPMENT AND RESOURCES

- Equipment for gymnastics activities is stored in the hall at both schools.
- Games equipment is stored in the PE Cupboard next to the Library at SLS.
- Games equipment is stored in the hall at HLS.
- PE Teaching Resources are available from the Teaching Resource area in the Library at SLS.
- PE Hub planning scheme of work is available for all staff.
- Outdoor and indoor environments are used.
- There is a large school field which is used for most outdoor Physical Activities (weather allowing).
- Outdoor gyms for use by pupils at breaktime and lunchtime
- New MUGA at HLS.
- The gymnastics equipment is inspected annually as part of our maintenance contract.

HEALTH AND SAFETY

All teaching staff are responsible for:

- Regularly checking equipment used for physical education activities and ensuring it is stored safely.
- Ensuring that all children are suitably dressed for the activity.
- To know the safe assembling and disassembling of P.E apparatus.
- To teach their children the safe handling of equipment appropriate to their age.
- Ensure the safe movement of equipment – related to the age and size of the children and equipment.

PE KIT

- a) Children are to wear appropriate PE clothing to school on their designated PE Days. Shorts/jogging bottoms, t-shirts and sensible footwear for outdoor activities are recommended.
- b) Wearing jewellery is not allowed during PE. Children must tape over or appropriately and safely cover earrings or religious jewellery.

For further information see 'Safe practice in PE and Sport 2020' produced by the Association for Physical Education. Main copy can be found with the PE Teaching Resources in the Library/Staff room.

VOLUNTEER AND PAID COACHES

All volunteer and paid coaches are DBS checked and are appropriately qualified.

Premier Sports are employed across both schools to teach one hour of PE each week. Staff support the coaches in order to upskill and sustain high quality teaching in the future.

ASSESSMENT RECORDING AND REPORTING

- Assessment will be based on teacher observations on planning, performing and evaluating physical activities.
- The P.E National Curriculum level descriptors are used to assess pupil's progress.
- Pupils will be encouraged to observe and comment on their own and others' performances – Peer Assessment.
- Observations will be recorded and used to inform parents in annual reports about their children's progress.

MONITORING AND EVALUATION

The implementation of this policy is monitored by the PE subject leaders and is viewed in line with our School Development Plan which is agreed by staff and trustees.

LIAISON WITH SPORTS PARTNERSHIP

- We have liaison with Redborne SSP to provide high quality delivery of sports festivals across KS2 and events for KS1.

This is a working document for the use of all the staff

Overview

Copies of the Long-Term Plans are available on the Google Drive which contain the information about which units are taught and when. These are also shared on the website.



We support children in becoming well rounded individuals where they naturally demonstrate the values of the school in all aspects of their lives.