

Bishops' C of E & R C Primary School



'Live Fully, Laugh Often, Learn Deeply, Love as God Loves You.....and Let Your Light Shine!'

PHYSICAL EDUCATION (PE) POLICY

The Policy was formally adopted by the Governing Board on:	Date: Summer 2026	Next Review Date: Summer 2029
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Physical Education Policy

Aims

The main aims of our PE curriculum are:

- Promote health and fitness in all children
- Encourage the lifelong enjoyment of exercise and competition
- Develop physical co-ordination and competence
- Promote the physical and psychological benefits of exercise
- Develop creativity through dance and gymnastics/movement
- Understand the long- and short-term effects of exercise on our bodies
- Understand the importance of safety when exercising
- Develop social skills through competition and co-operation between individuals and groups
- Understand and cope with winning and losing
- Observe the conventions of fair play, competition and good sporting behaviour
- Respond readily to instructions and follow rules
- Provide equal opportunities for all pupils regardless of their race, gender, cultural background or physical ability
- For children to experience and participate in a wide range of sports including the tactical and physical aspects
- To build upon the success of the nation's sporting achievements
- Embed our Trauma Prospective Training, for the children to feel secure safe and promote the wellbeing, promoting strengths and self-belief.

The Teaching of PE

All teachers who teach PE are required to complete a medium-term plan that shows their PE coverage over a half term/term. In some instances, this may be incorporated within a topic plan or provided by PPA cover/specialised coaching. Each plan will have clear objectives that are taken from The National Curriculum (year 1-6) & EYFS Development Matters (FS). Children will be assessed against these objectives mainly through observation and competition. Where the children have particular strengths or areas to develop this will be reported to parents in their annual report.

Throughout the year, all classes will aim to participate in two hours a week of PE. These lessons will take place either inside or outside, depending on the type of activity.

The Foundation Stage lessons consist of modules in dance, games and gymnastics. The objectives are taken from the EYFS Development Matters. There are two main aspects within Physical Development; Moving and Handling and Health and Self-Care. Within the area of Physical Development, there is also a focus on Gross and fine motor control. Children are encouraged to develop their fine motor skills through daily activities including gym trail for specific children.

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Key Stage One lessons will consist of modules in Dance, Gymnastics, Games and Athletics.

Key Stage Two lessons will consist of modules in Dance, Gymnastics, Games, Athletics and Outdoor and Adventurous activities. Swimming will also be taught in Year 5 to those who are unable to swim 25m.

The specific sports and activities to be covered within each year group can be found within the school's revised PE Curriculum which is annually updated. These form links with the Chelmsford School Sports Partnership Competition Calendar and feed in to extra-curricular clubs. Cross-curricular links are made where possible.

Although the links are not always overtly displayed, staff will draw attention to them whenever the opportunity arises.

1. Science
 - a. Health and Fitness & Nutrition.
 - b. Drugs and Abuse (Caring for our bodies)
2. Maths
 - a. Speed.
 - b. Distance.
 - c. Time.
 - d. Measuring.
 - e. Recording.
 - f. Handling Data.
3. English
 - a. Speaking and listening.
 - b. Subject-specific vocabulary.
4. Geography
 - a. Map-reading.
5. Music
 - a. Rhythm.
 - b. Tempo.
 - c. Performance
 - d. Movement
6. Computing
 - a. Use of stop watches.
 - b. Use of digital camera and digital video.
 - c. Use of spreadsheets for recording and interpreting data.
 - d. Use of the internet.

Competitions and Events

The Chelmsford School Sports Partnership provide a range of Level 2 and higher competitions and events throughout the year (available for years FS-6). These events encourage competition and help develop sporting ability. Inter-House (Level 1) competitions take place in all year groups.

During the Summer Term all children will take part in a School Sports Day. This takes place on the Parish Field and is organised by the PE co-ordinators. Children compete in their house groups (Fire, Earth, Water

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and Air). Individual as well as house successes are celebrated by stickers and trophies. Parents are encouraged to come, participate and see their child take part.

Extra-Curricular Activities

There are different sporting clubs available for children in FS, Key Stage 1 and 2. These usually take place before or after school and are run by teachers and LSAs as well as some outside agencies/coaches.

Some children take part in their own clubs out of school. This is encouraged by celebrating children's out of school achievement during assemblies.

Children's school successes are displayed within the School Games board and also through the weekly newsletter and subsequently the school website.

Higher Achieving and Talented Students

Teachers/Coaches are expected to ensure that they are meeting the needs of all children.

Teachers/Coaches plan and differentiate their activities so that gifted and talented children are being developed further.

When children show good potential and skill in a specific area/sport, they may be asked to represent the school in competitions and clubs to help develop their skills further. Opportunities are provided for children to hone their skills and gain further tactical understanding by either teachers or specialist coaching.

Equal Opportunities

All pupils will be given access to the full PE curriculum regardless of their gender, race, cultural background or physical ability. Clubs are available for children of all abilities. Parents are greatly encouraged to contact the school if there are any specific reasons which may inhibit their child/children attending an extra-curricular activity. Each year 'inactive' children are identified by the PE Co-ordinators, alongside class teachers, and these children are actively encouraged and supported to attend a club or competition.

Special Needs

Teachers are required to meet the needs of children with special educational needs. Activities will be differentiated and adapted so that they are accessible wherever possible for all children. Children who have an EHCP may have the support of an LSA within their PE lesson if required.

Health and Safety

The effective management of safety for PE has four main components:

1. Risk Assessment and planning before a lesson.
2. Organisation of routines during and between lessons to include:
 - a. The use of appropriate kit.
 - b. Checking PE areas are free from sharp objects and broken glass.
 - c. Location of safety equipment.

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- d. Reporting accidents.
- 3. Control to include:
 - a. Where to find safety information (Health and Safety Policy)
 - b. Regular safety checks (Completed by caretaker annually)
 - c. Opportunity to raise concerns in Monday minutes
- 4. Monitoring and Review – including procedures for reporting hazards/suspected hazards and those for reviewing risk assessments and safety in general.

All teachers/coaches are responsible for safety in their own lessons and should, therefore, be familiar with the procedures associated with the teaching of particular activities.

Safety precautions should be observed at all times. Apparatus and equipment are checked regularly. If any apparatus or equipment is broken or unsafe, this should be reported to the PE co-ordinator, Head Teacher or Site Manager. Children should be taught to set out, carry, put away and use apparatus and equipment safely.

If a child has medical needs, teachers/coaches to follow appropriate procedures as necessary.

All specialist coaches will provide the appropriate information and evidence of both insurance and qualification (e.g. Level 2 coaching certificates/insurance) prior to teaching.

PE Clothing (<https://schoolwearplus.com/>)

Boys and Girls
Indoor –
The Bishops' PE T-Shirt
Plain navy mid-thigh or longer shorts (not cycling shorts)
Plain black trainers
Outdoors –
The Bishops' PE T-Shirt
Plain navy mid-thigh or longer shorts (not cycling shorts) or trousers
Plain navy sweatshirt
Bishops' track top (optional)
Plain black trainers

Pupils should wear the appropriate clothing for PE including suitable footwear. Long hair needs to be tied back at all times and all jewellery must be removed, with the sole exception of religious jewellery which is essential to the family's faith. In this instance there must be written permission from the parent(s).

Pupils are expected to wear their own kit to school on their given PE day.

When pupils are taking part in off-site activity, they are expected to wear the appropriate clothing in accordance with the sport and facility. Teachers will provide guidance where necessary.

Staff Training

Throughout the year The Chelmsford School Sport Partnership provide a range of free training courses in a range of sports and activities. These are made accessible to all staff at the beginning of each academic

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year. The Bishops' host Chelmsford School Sport Partnership training courses allowing greater access to all staff members.

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