

# Physical Education Policy 2025\_2026

**2025\_2026**



**‘The Love of Christ impels us’  
To be  
Ready, Respectful, Safe  
To love one another as I have loved you’**

Approved: Summer 2025  
Review: Summer 2026

Signed:

Chair of Governors

Date: 20 July 2025

## Introduction

St. Peter and St Paul Catholic Primary School recognises the vital contribution of physical education (PE) to a child's physical, cognitive, social and emotional development, as well as the role it can play in relation to a child's spiritual, moral and cultural development. PE is an integral part of the curriculum to be enjoyed by all children. It is a real opportunity for both teachers and children to consolidate and work on the values that underpin every aspect of school life.

## Intention and Aims

It is the intention of the school to deliver a curriculum which is accessible to all and that will maximise the development of every child's ability and achievement in the area of PE, enabling them to know more about physical activity and keeping healthy, remember more about the physical activity they participate in and learn about and understand how to use and apply this knowledge to impact upon their own physical activity, participation and healthy lifestyle.

The aim is to cater for the different strengths, needs and preferences of each child by using adapted activities (where appropriate) consisting of individual, paired and group activities. Through the variety of opportunities that PE offers children can develop a sense of personal achievement, fair play, teamwork and an understanding of the ways in which sport can transcend social and cultural boundaries. A range of activities will therefore be provided with a broad base of movement knowledge, skills and understanding, which children can refine and expand throughout their primary school years.

Children who are taught to appreciate the importance of a healthy and fit body begin to understand those factors which affect health and fitness.

Through the Government Funding for Sport, the school will, where possible, provide opportunities for both pupils and teachers to work with and alongside PE specialists and sports coaches.

Different experiences for different age groups will ensure all pupils will be exposed to a range of appropriate challenges as they move through the school so that they:

- Develop physical competence and confidence by acquiring and developing a range of fine and gross motor skills.
- Become aware of the different shapes and movements that can be made with the body.
- Develop knowledge, skills and understanding, and the ability to remember, repeat and refine actions with increasing control and accuracy.
- Become aware of the benefits of a fit and healthy lifestyle by understanding the effects of exercise on the body and the importance of developing strength, endurance and flexibility.
- Appreciate of the value of safe exercising.

## The PE Curriculum

At St Peter and St Paul Catholic Primary School, we follow Beyond the Physical which focuses on developing the children's skills in three main areas; Physical, Psychological and Social.

### EYFS

Opportunities will be provided for children to be active and to develop their co-ordination, control and movement through moving and handling activities which involve the use of a range of equipment and involve different spatial experiences. This will be implemented through structured lessons and opportunities for outdoor physical activities.

### Key Stage 1 and 2

Key Stage 1 children should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Key Stage 2 Children should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Swimming is taught to all children from Year 1 to Year 6 at Ironmonger Row Baths. Each class attends an intensive course consisting of daily 1-hour lessons for two weeks.

### Clothing for pupils

All children should arrive to school wearing their PE on their designated PE days.

### Assessment

Children are assessed using the Beyond the Physical 'I can...' statements which focus on each of the three areas (physical, psychological and social) for the topics taught in each year group. Assessment of PE is an ongoing process as the skills are progressive throughout the key stages. As each lesson progresses, the teacher carefully observes and assesses, intervening as

necessary, to ensure that each child makes the full progress of which they are capable. Lessons are planned to ensure that lessons are fully inclusive and take account of children's differing needs and physical ability. Pupils are assessed as working at/ above or below the expected level for their age based on their understanding and application of the content of the National Curriculum 2014.

### Role of the Teacher

Teachers will:

- Plan and deliver the PE curriculum following the guidelines in this document and the units on the Beyond the Physical website.
- Look after resources and keep the PE areas neat, safe and accessible
- Ensure that lessons are displayed in a floor book.
- Consider and minimise risks for all activities and systematically teach pupils to take responsibility for determining the risks to themselves and others.
- Notify the subject leader of any extra resources required and of any breakages or losses that occur.

### Role of the subject leader

The PE Lead will:

- Be responsible for the development of PE in school
- Monitor the PE curriculum and update school policy where necessary
- Monitor the effectiveness of PE teaching in school by means of book look and communicating with outside service providers, ensuring the quality of the learning environment and overseeing assessment in line with the current school assessment policy
- Support teachers in their planning and strategies.
- Disseminate new information.
- Support teachers in delivering the curriculum and arrange staff development and INSET training where appropriate.
- Be responsible for the purchasing, collating and maintaining of PE resources.
- Work with class teachers to minimise risks for all activities in line with current Health and Safety regulations reviewing risk assessments including storage and suitability of equipment
- Liaise with LBI PE department in respect including any competition or other offer relating to the LBI PE service of briefings and competition.
- Join any organisations that promote sport or provide free tutors or participation in wider sport opportunities

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