



Ruardean C of E Primary School

Physical Education Policy

Love of Learning – Love of Life – Love of One Another

Matthew ch22 v33-40

Policy Reviewed:	Bi-Annually
By:	SLT
Agreed:	January 2025
Next Review:	January 2027
Owner	PE Coordinator

Related Policies/Documents:

- **Curriculum policy**
- **Health and safety policy**

Aims and Objectives

To promote children's social, emotional, moral, physical and intellectual wellbeing through providing opportunities and encouraging participation in physical activity.

In addition to school-based activities, we aim to ensure every child has the opportunity to take part in after school sports clubs, as well as competitions and tournaments.

Teaching and Learning Style

Activities taught at Ruardean C of E School

- Games
- Dance
- Gymnastics
- Fundamental Movement Skills (KS1/Early Years)
- Games
- Outdoor and Adventurous Activities (KS2)
- Athletics

Health Related Fitness

We provide the broad and balanced programme of physical education that we believe every child is entitled to, with activities designed to be enjoyable, vigorous, purposeful and regular. Through providing positive experiences, a lifelong interest in physical activity is encouraged. Children take part in two hours of physical activity per week, delivered by a teacher or a special member of staff or ProStars, an external agency which provide regular sessions. Teachers draw attention to good examples of individual performance as models for the other children. Evaluating their own and others' work is encouraged. Within lessons we provide opportunities for the

children to collaborate and compete with each other whilst using a range of resources.

In the Foundation Stage we encourage the physical development of the children in our Reception Class as an integral part of their work. We relate their physical development to the objectives in the Early Learning Goals that underpin the curriculum planning.

Health and Safety

We recognise that participation in PE and physical activities contain an element of risk. Staff are responsible for ensuring that they are familiar with safe practice to reduce the element of risk to the absolute minimum within their control.

- Staff are aware of pupils who have special needs with regards to physical activity and make special provision their needs where appropriate e.g. physical disability, asthma
- Staff know about the safe practices involved in moving and using apparatus
- Staff must check equipment before using it
- Pupils and staff must wear appropriate clothing, remove jewellery and tie back long hair. If the removal of jewellery or studs is not possible, they should be securely taped
- Pupils may be asked to remove shoes when participating in indoor activities such as gymnastics
- Equipment and apparatus must be stored safely at the end of each lesson
- Children must be supervised throughout the session
- Pupils are taught to consider their own safety and that of others at all times
- School shoes are not permitted to be worn for PE
- Sensible noise level are to be maintained at all times
- Warm up, cool down and stretching must be a part of all lessons
- A radio should be worn to ensure first aid and assistance can be signalled quickly

Swimming safety: All staff going swimming, must know the Freedom Leisure (Cinderford) emergency plans and have read the risk assessment before taking children swimming. Two adults (one of whom is DBS checked by the school) are needed to supervise each changing room. A qualified instructor must always be in attendance on the poolside. Children's inhalers and medication must be taken to the poolside.

Equal Opportunities

Teachers must ensure that all PE experiences are adapted according to the ability and needs. This means providing opportunities and challenging activities right across the spectrum of ability.

The school will ensure that programmes will not have a gender or racial bias, and provide access and opportunity for all children.

All pupils will have equal access to PE and experience PE in ways that are appropriate to their needs and abilities. We provide suitable learning opportunities for all children by matching the challenge of the task to the ability of the child.

Assessment and Recording

We use IPEP with Prostars to track and assess pupils' attainment in PE.

Monitoring and Evaluation

The PE Lead Teacher is responsible for the overall monitoring of the quality of PE and physical activity provision within the school.

We monitor PE in the curriculum through subject reviews and self-evaluation in order to provide an accurate perspective on how it is being delivered and how it can be further improved.

Physical Education is monitored and evaluated through:

- Lesson observations
- Monitoring of lesson planning
- Monitoring of equipment
- Pupils' skill ladders
- Feedback from staff
- Children's questionnaires
- Feedback from pupils/school council about PE and general physical activity
- Pupil attendance and achievement in sporting competitions
- Attendance in after school sports clubs
- Awards linking to National Swimming