

Policy for Physical Education

St Mary's CE School, Kirkby Lonsdale



Approved by Governing Board: September 2026

1. VISION & INTENT

Our Christian Vision:

Our Christian vision is for all our children and community to flourish together and enable others to do the same, using their talents and gifts to serve and support others, encouraging a sense of care and responsibility to others and the world.



Inspired by our vision, we want our children to flourish, lead healthy and active lives, and discover their individual talents and physical abilities. The main purpose of Physical Education (PE) at St. Mary's is to enable all pupils to become independently active within the school and wider community. PE provides the foundation for lifelong participation in recreation, leisure, and sporting pursuits while embedding the mental and physical benefits of maintaining an active lifestyle.

Intent:

Physical Education develops pupils' physical competence and confidence, enabling them to perform across a wide range of physical activities. It promotes physical skillfulness, body knowledge, spatial awareness, and core health. PE provides opportunities for pupils to be creative, competitive, and to face diverse challenges as individuals, pairs, and teams. Pupils learn to plan, perform, and evaluate actions, ideas, and performances to continuously improve their quality and effectiveness.

2. LEGISLATION, STATUTORY GUIDANCE & NATIONAL DIRECTIVES

This policy reflects current national legislation, statutory frameworks, and departmental guidance, including:

- **National Curriculum in England: PE Programmes of Study** (Key Stages 1 and 2).
- **Statutory Framework for the Early Years Foundation Stage (EYFS)** (Physical Development Prime Area).
- **DfE Guidance on Equal Access to Sports in Schools** (ensuring equal access to sports, including football, for both girls and boys).
- **AfPE (Association for Physical Education) Safe Practice in Physical Education, School Sport and Physical Activity.**
- **DfE Statutory Guidance on Costs of School Uniforms** (PE kit considerations).

3. CURRICULUM IMPLEMENTATION

A. Early Years Foundation Stage (EYFS)

In EYFS, Physical Development is a Prime Area of learning. Practice is guided by the EYFS framework themes: A Unique Child, Positive Relationships, Enabling Environments, and Learning and Development. Children develop gross and fine motor skills incrementally through indoor and outdoor continuous provision, tummy time, sensory exploration, balancing, climbing, and structured movement play.

From the Autumn term, Reception pupils begin using the Get Set 4 PE scheme, supported by daily physical activity in outdoor provision to develop core strength, stability, agility, posture, and spatial awareness.

B. Key Stage 1 and Key Stage 2 Curriculum

- **Get Set 4 PE Scheme:** Core PE is delivered using the *Get Set 4 PE* scheme of work, fully aligned with National Curriculum objectives. It provides a progressive, sequential framework ensuring skill acquisition, broad sporting experiences, and clear progression from EYFS to Year 6.
- **Timetable Allocation:** All pupils in KS1 and KS2 engage in at least **two hours of high-quality PE lessons per week**, covering discrete sports and skill units each half-term. This is complemented by specialist sports coaches and local club links.

- **Outdoor & Adventure Activities (OAA) & Forest School:** As a certified Forest School, EYFS and Year 1 participate in weekly Forest School sessions. OAA is embedded across KS1 and KS2 utilising school grounds, local terrain, and residential outdoor visits.
- **Active School Day & Leadership:** Physical activity is integrated throughout the school day. Year 6 pupils train as **Young Leaders** each Autumn to organize playground equipment, lead active playground games, promote inclusion, and serve as positive physical activity role models.

C. Swimming & Water Safety

All Key Stage 2 pupils undertake structured swimming lessons delivered in focused blocks:

- Lower KS2 pupils participate in intensive swimming instruction focused on developing stroke technique, confidence, and stamina towards achieving the statutory 25-metre proficiency target.
- Upper KS2 pupils refine stroke efficiency and master essential personal water safety and self-rescue skills.
- Targeted intervention sessions are provided in Upper KS2 for pupils requiring additional support to meet National Curriculum swimming benchmarks before leaving Primary education.

D. Extra-Curricular & Competitive Sport

- A broad range of extra-curricular sports clubs (e.g., football, netball, cross-country, inclusive target groups) are provided before, during, and after school.
- The school participates actively in the **School Games** network, engaging in intra-school competitions, inter-school events, and county finals.
- Equal access is guaranteed across all sports for all pupils, ensuring equal opportunities for boys and girls in sports including football, cricket, and rugby.

4. INCLUSION, EQUALITY & ADAPTATION

We are committed to full inclusion and equal access regardless of socio-economic background, gender, race, disability, or special educational needs (SEND):

- Teachers adapt tasks, equipment, space, and rules (using STEP principles: Space, Task, Equipment, People) to ensure all pupils, including those with EHCPs or physical disabilities, participate meaningfully and safely.
- The school actively targets participation for pupils who are less active or facing barriers to physical engagement.
- Individual sporting achievements are celebrated in assemblies, school newsletters, and through school 'Colours' awards.

5. HEALTH, SAFETY & RISK MANAGEMENT

A. Safe Practice (AfPE Guidelines)

Safe practice is embedded in all PE and sports delivery. Staff conduct ongoing risk assessments for facilities, equipment, and activities prior to delivery. Annual statutory inspections are conducted on all indoor and outdoor fixed climbing apparatus.

B. PE Clothing & Uniform Policy

In line with the school's Uniform Policy and DfE cost guidance:

- **PE Kit:** White T-shirt or navy sports polo, black shorts, and trainers/pumps. Plain navy tracksuits are requested for cold outdoor PE (football strips and branded commercial tracksuits are not permitted).
- **Wearing Kit:** EYFS and KS1 pupils may attend school in their PE kit on designated PE days to maximise active lesson time. KS2 pupils change into PE kit at school.
- **Barefoot Working:** Pupils work barefoot for indoor gymnastics and dance lessons to ensure grip and foot structure development. Footwear must be kept at the side of the hall for emergency evacuation.

C. Jewellery, Hair & Personal Safety

- **Jewellery:** No jewellery (including watches, fitness trackers, and earrings) may be worn during PE lessons. Earrings must be removed by pupils or parents prior to school. Taping of earrings is not permitted for PE.
- **Hair:** Long and medium-length hair must be securely tied back away from the face and eyes.

D. Weather & Facilities

Outdoor PE proceeds in all safe seasons and weather conditions. Pupils should bring appropriate cold/wet weather outerwear. In cases of severe weather, indoor hall space is allocated to ensure physical activity continues safely.

E. Staff Attire

Staff teaching PE must model safe practice by wearing appropriate physical activity clothing, supportive footwear, removing jewellery, and tying back hair.

7. ASSESSMENT, RECORDING & SUBJECT LEADERSHIP

- **Assessment:** Formative assessment is integrated into the *Get Set 4 PE* scheme, evaluating physical competence, tactical understanding, leadership, and personal progress against unit learning outcomes.
- **Role of PE Subject Leader:** The PE Lead oversees curriculum mapping, audits equipment, supports staff professional development (CPD), manages competition entries, monitors pupil progress, and compiles annual reporting for the Headteacher and Governors.

Approved by Headteacher & Governing Board

Headteacher Signature: 

Date: September 2026

PE Curriculum:

Nursery	OAA - Forest School	OAA - Forest School	OAA - Forest School	OAA - Forest School	OAA - Forest School	OAA - Forest School
Reception	Introduction to PE : Unit 1	Introduction to PE : Unit 2	Ball Skills : Unit 2	Fundamentals : Unit 1	Games : Unit 1	Games : Unit 2
	Ball Skills : Unit 1	Dance : Unit 1	Gymnastics : Unit 1	Dance : Unit 2	Gymnastics : Unit 2	Fundamentals : Unit 2
	OAA - Forest School	OAA - Forest School	OAA - Forest School	OAA - Forest School	OAA - Forest School	OAA - Forest School
Year 1	Fundamentals	Dance	Gymnastics	Sending and Receiving	Athletics	Striking and Fielding
	OAA - Forest School	Ball Skills	Invasion	Team Building	OAA - Forest School	OAA - Forest School
Year 2	Fundamentals	Dance	Gymnastics	Fitness	Athletics	Striking and Fielding
	Team Building	Ball Skills	Sending and Receiving	OAA - Orienteering	Net and Wall	Invasion
Year 3	Fitness	Ball Skills Y3/4	Dodgeball	OAA - Orienteering	Basketball	OAA
	Gymnastics	Dance	Fundamentals Y3/4	Trigolf	Athletics	Yoga
Year 4	Netball	Dance	Gymnastics	Cricket	Athletics	Rounders
	OAA - Orienteering	Hockey	Tag Rugby	Football	Tennis	Multi Skills
Year 5	Tag Rugby	Dance	Gymnastics	Circuits	Athletics	Tennis
	OAA	Netball	Dodgeball	Basketball	OAA - Orienteering	OAA - Young Leader
Year 6	Tag Rugby	OAA - Orienteering	Dodgeball	Basketball	Athletics	Rounders
	OAA	Netball	Dance	Golf	Cricket	Fitness

