



# Physical Education Policy

Review Date July 2025

Every Child, Every Chance, Every Day; Working Together



# PHYSICAL EDUCATION POLICY

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***At Crabtree Farm, we provide an exciting and varied PE curriculum designed to give our children the knowledge, behaviours and skills to lead an active, healthy lifestyle.***

## 1. **WHAT IS PHYSICAL EDUCATION?**

- 1.1 Physical Education (PE) is the tool through which children develop physical competence and confidence, and their ability to use these to perform in a range of activities.
- 1.2 Physical Education promotes physical skilfulness, physical development and a knowledge of the body in action.
- 1.3 Physical Education provides opportunities for pupils to be creative, competitive and to face up to different challenges as individuals and in groups and teams.
- 1.4 Physical Education promotes positive attitudes towards active and healthy lifestyles.

## 2. **AIMS.**

At Crabtree Farm Primary School we believe that pupils should be able to:

- 2.1 Enjoy participating in a wide range of Physical Education activities.
- 2.2 Learn how to think in different ways to suit a wide variety of creative, competitive and challenging activities.
- 2.3 Plan, perform and evaluate actions, ideas and performances to improve their quality and effectiveness.
- 2.4 To learn new skills that can be applied to everyday life (to include team work, communication and organisation)
- 2.5 Encourage one another to discover their aptitudes, abilities and preferences.
- 2.6 Make choices about how to get involved in lifelong physical activity and understand the benefits of participating in physical activity.



### 3. **TEACHER GUIDELINES**

- 3.1 Each year group is allocated two sessions of Physical Education each week. The time is split into two blocks of at least 45 minutes
- 3.2 When a class is timetabled to go swimming, there will not be an additional PE lesson taught by the sports coach for that half term.
- 3.3 Class teachers in Year 1-6 are expected to plan and deliver REAL PE and REAL dance lessons to their classes throughout the year. The Sports Coach will deliver REAL gym lessons.
- 3.4 The Sports Coach will deliver additional REAL PE lessons to all of EYFS and KS1 children to develop their fundamental skills. In KS2, children will be taught a broader range of skills in addition to REAL PE.
- 3.5 The planning and resources for REAL PE are available through our online portal (Jasmine). Teachers and the sport coach are expected to update their planning to show which lesson they have already taught.
- 3.6 The Sports Coach is expected to plan lessons for KS2 children using the Crabtree Farm skill progression document supported by the GETSET4PE scheme. The planning will be saved on the server.
- 3.7 There is an overview on the server, which identifies when in the year each area is to be covered.
- 3.8 As necessary, external sports coaches are often employed to teach specialist areas of the curriculum, their aim is to provide CPD for staff. Teachers are expected to observe external sports coaches to develop their own subject knowledge and join in with the lessons to support the coach.
- 3.9 A hall timetable is issued to allocate time slots for Physical Education to classes during the week. Teachers should also choose an additional slot on a week by week basis to suit the needs of their class.

### 4. **TEACHING METHODS**

- 4.1 Physical Education will be taught in whole class sessions, with the opportunity to work in small groups and individually within these sessions, depending on the aims and objectives of the session.
- 4.2 Teachers and the online resources give clear instructions to the children when introducing a new skill.
- 4.3 Step-by-step guidelines and instructions need to be available for the children to use when assembling apparatus, especially for the first few attempts.

4.4 Equipment should be sourced and prepared before lessons. Any missing equipment must be reported to the PE subject leader.

## 5. **SPECIAL EDUCATIONAL NEEDS**

5.1 All children will be encouraged to take an active part in whole class sessions and specialist equipment will be provided if required.

5.2 Training videos are available to support teachers with adapting their lessons if required.

5.3 The Crabtree Farm 'SEND in PE' document is available to support teachers in their adaptation of lessons.

5.4 Sensory Circuit lessons will be taught to those children that require additional support to develop their fundamental skills.

## 6. **HEALTH AND SAFETY**

6.1 Mats must always be carried by four people, one at each corner, and must never be carried above anyone's head.

6.2 All apparatus and equipment must be checked by the teacher before any children use it.

6.3 Children must be dressed appropriately for Physical Education. When the class is timetabled to have PE, they should come to school in their PE kits on that day.

6.4 For indoor activities children may wear trainers or go barefoot (depending on the activity).

6.5 For outdoor activities children must wear their school PE kit but in colder weather, may wear a sweatshirt.

6.6 All jewellery must be removed before any activity begins. Studs are only allowed if they have been in for less than six weeks. These must be covered by plasters, which the child must apply themselves.

6.7 Long hair must always be tied back from the face.

6.8 When swimming, children must have suitable swimwear: boys must have trunks (not swimming shorts) and girls must have one piece costumes. All jewellery should be removed and hair should be tied back from the face. If goggles are required then parental permission must be given in writing.

- 6.9 Any jewellery that has religious connotations can only remain worn if there is a letter of parental consent outlining ALL possible dangers of the jewellery being worn. This is NOT actively encouraged.
- 6.10 Class teachers will make sure that any children using inhalers has them close by during any physical activity
- 6.11 Children must NOT enter the PE stores unless supervised by an adult.

## 7. **RISK ASSESSMENT**

- 7.1 Crabtree farm Primary School follows the guidance and Evolve system for all educational off-site trips, matches and visits.
- 7.2 Teachers and sports coaches are responsible for ensuring the area is safe for their class to perform the physical activity.
- 7.3 All risk assessment procedures and concerns operate through the school's identified Risk Assessment Officer.

## 8. **EXTRA-CURRICULAR ACTIVITIES**

- 8.1 Throughout the school year Crabtree Farm Primary School runs a large range of physical activity linked extra-curricular clubs. These change every half term.
- 8.2 Although some clubs are age-related, all children in school have the opportunity to join a range of clubs throughout their time at Crabtree Farm Primary School.
- 8.3 The school clubs are organised, coached and run by a mixture of teachers, coaches and qualified coaches from external agencies.
- 8.4 For clubs coached by external agencies, there is an identified member of the school staff to oversee the club. All coaches should be DBS checked.
- 8.5 The identified member of school staff has the overall responsibility for the organisation of the club, including attendance at tournaments or matches and physical presence on site during training/practice sessions.
- 8.6 All children involved in any of the after-school's clubs must have parental consent before being allowed to participate.
- 8.7 Registers are taken at clubs to monitor attendance and a copy should be held in the school office.



- 8.8 All attendance at clubs is collated to monitor the numbers and range of children attending sessions.
- 8.9 A qualified first-aider is always present on site and at away fixtures.
- 8.10 Participation and membership of school clubs is recognised at the end of the school year in an awards ceremony, which celebrates participation, effort and success.
- 8.11 Competitions are entered and played against other schools when the opportunity arises.
- 8.12 Leagues have been set up for the football team and the children are encouraged to participate.
- 8.13 Intra school competition is encouraged and they will be held on a weekly basis.

## 9. EQUAL OPPORTUNITIES

- 9.1 Care should be taken to ensure that all children gain the same experiences during the lesson.
- 9.2 All children should have the opportunity to share their ideas and sequences with others.

## 10. RESOURCES

- 10.1 All Physical Education resources are stored in the Physical Education cupboard in the KS2 hall. There are also two outdoor stores which store a wide range of equipment. They are labelled to show where and how the equipment should be stored.
- 10.2 All equipment that is needed for a lesson should be collected **before** a session by the class teacher or coach and returned **by the teacher or the coach** at the end of the session.
- 10.3 Equipment will need to be returned to the right boxes at the end of a session.
- 10.4 Any losses of equipment or breakages will need to be reported to the PE Subject Leader or Sports Coach as soon as possible.
- 10.5 If there is any equipment that needs ordering, then the PE Subject Leader or Sports Coach should be informed as soon as possible.

## 11. **ASSESSMENT**

- 11.1 Teachers and the Sports Coach can continually assess children's competence in Physical Education by:
- (a) observing their competence during class sessions;
  - (b) talking to the children on an individual basis;
- 11.2 The coach should discuss children's achievements observed during PE lessons with the class teacher.

## 12. **TARGETS**

- 12.1 By the end of each key stage, pupils are expected to know, apply and understand the matters, skills and processes specified in the relevant programme of study in the National Curriculum.

## 13. **REVIEW**

- 13.1 Acceptance of the Physical Education policy implies a commitment to it.
- 13.2 A review of the policy will be undertaken in July 2025 by Mrs Marshall and Mr Kiggins.