

Kincraig Primary School and Nursery



Physical Education Policy



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PE Policy



Intent:

Kinraig Primary School recognises the value of Physical Education (P.E). We fully adhere to the aims of the national curriculum for physical education to ensure that all pupils:

- Develop competence to excel in a broad range of physical activities.
- Are physically active for sustained periods of time.
- Engage in competitive sports and activities.
- Lead healthy, active lives.

Implementation:

P.E. is taught at Kinraig Primary School and Nursery as a stand alone session, as well as being integrated where possible with other curriculum areas. A minimum of 2 hours (one session) is taught per week and wherever possible additional activities are incorporated, for example: The Daily Mile.

The key knowledge and are mapped across each year group, ensuring children develop their knowledge of games, dance and gymnastics and (from KS2) athletics and outdoor and adventurous activity progressively. The skills in these areas are also therefore developed systematically, with the programme of study for each year group building on previous learning and preparing for subsequent years.

Knowledge and skills are informed and linked to enable achievement of key stage end points, as informed by the 2014 National Curriculum.

We teach lessons so that children:

- 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.
- Engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.
- Apply and develop a broad range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement.
- Enjoy communicating, collaborating and competing with each other.
- Develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Lessons are planned to utilise cross-curricular links as well as seeking support and guidance from specialists. The varied curriculum is designed to enable all children to enjoy physical activity and to experience success in sport. All children have the opportunity to participate in PE at their own level of development, with teachers ensuring that lessons cater for individual needs. As well as securing and building on a range of skills, children develop knowledge of the basic rules of a range of games and activities. They experience positive competition and a clear focus is placed on developing good sporting attitudes. Children learn in a safe environment and have a foundation for lifelong physical activity, leaving primary school as physically active.

Impact:

The children complete each key stage with a high proficiency in each aspect of PE. Children are aware of the link between physical activity and good mental health and understand its significance as part of a healthy lifestyle.

Last Updated September 2025

Teaching and Learning:

The curriculum is mapped to ensure that children participate in a range of activities and evaluate their own performance. Pupils experience a range of opportunities to work individually, in pairs or in groups over time.

Typical Lesson Structure:

- Lessons begin with a clear focus on the learning intention of the session. Success Criteria is then shared with pupils in order for them to know how they can achieve the learning intention.
- Lessons then commence with an introduction/warm up to prepare pupils physically for exercise.
- Direct teaching of knowledge and skills precedes subsequent skills practice by the pupils, under the supervision of the teacher.
- The main activity provides an opportunity for children to independently and cooperatively practise the skill(s), in context (such as a game or another related area of PE).
- There may then be a celebration and sharing of individual achievements and a concluding 'cool down' activity to prepare pupils to return to a normal-state both physically and mentally.
- Finally, lessons end with a closure discussion linking directly back to the intention and success criteria shared at the beginning. This is an opportunity for children to reflect on their learning and progress.

Assessment

Assessment of PE is an ongoing process. 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. The assessment of PE at Kincaig Primary School and Nursery is in accordance with the National Curriculum 2014 attainment targets for each key stage. Individual lessons and units of work are planned to align directly and enable progress to these

KS1:

- Master basic movements including running, jumping, throwing and catching as well as developing balance, agility and co-ordination and begin to apply these in a range of activities.
- Participate in team games, developing simple tactics for attacking and defending.
- Perform dances using simple movement patterns.

KS2:

- Use running, jumping, throwing and catching in isolation and in combination.
- Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.
- Develop flexibility, strength, technique, control and balance.
- Perform dances using a range of movement patterns.
- Take part in outdoor and adventurous activity, challenges both individually and within a team.
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Planning and Resources

P.E. equipment is stored safely in the P.E. cupboard. The cupboard is regularly checked by the PE Subject Leader to check its tidiness and organisation. Staff are advised to inform the PE Subject Leader of broken, damaged or lost equipment so that replacements can be ordered.

The key knowledge and skills for each unit are mapped on the whole school progression Map.

Primary Sports Funding

The School work as a collaborative unit in terms of taking all decisions; this will include decisions on funding, resourcing and timetabling. Ultimately, decisions on funding will rest with the Head teacher.

The 'PE and Sport Premium' is designed to help primary schools improve the quality of the PE and sport activities they offer their pupils. Schools receive PE and Sport Premium funding based on the number of pupils in years 1 to 6. Information about the school's funding allocation and how it is spent each year is published on the school's website under 'PE and Sport Premium', along with an impact statement.

Organisation

Under the 2014 PE Curriculum, PE is a statutory subject to be taught, although there is no statutory requirement for time spent engaging in PE lessons. Kinraig Primary School and Nursery does however; acknowledge the DfE recommendation of 2 hours per week. Therefore, pupils have access to a minimum of one P.E. lesson a week. This is often supplemented through additional physical activities and projects, including the Daily Mile and work with Blackpool Football Club Sports Partnership.

Swimming

At Kinraig Primary School and Nursery, children attend swimming lessons at Moor Park Leisure Centre in Year 5. Each class participates in a half hour weekly lessons throughout the whole year. Lessons are taught by specialist swimming instructors who assess the children at the start and throughout the swimming course.

EYFS

We recognise the importance of Physical development in the Early Years Foundation Stage as a key area of learning. There are two strands under Physical Development (PD) Moving and Handling and Health and Self-care.

- Moving and Handling: Children learn to develop good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space.
- Health and self-care: Children learn the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe.

Children in the EYFS have a large outdoor environment with access to a wide range of different resources to support their physical development skills and allow them to enjoy energetic play. These include a road track for use with balance bikes, tricycles and two wheeled bikes; a large climbing frame, climbing wall along with many portable resources. Children in Pre-School and Reception, also enjoy a specific Physical Development session in the school hall, giving the children the opportunity to practise movement skills through games with beanbags, cones, balls and hoops. Children participate in activities where they can practise moving in different ways and at different speeds, balancing, target throwing, rolling, kicking and catching. Children in the EYFS also have access to work with Blackpool Cycling specialists to complete the Balance Bike Programme. The above skills and acquired knowledge are then be built on when children enter Key Stage 1.

KS1 and KS2

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 and water safety

Pupils are taught to:

- swim competently, confidently and proficiently over a distance of at least 25 metres
- use a range of strokes effectively
- perform safe self-rescue in different water-based situations.

Equal Opportunities and Inclusion

At the School we are committed to promoting equal opportunities and inclusion irrespective of socio-economic background, gender, disability and ethnicity in all areas of the curriculum. We believe that children should have equal access to and participation in a range of physical education activities in order to reach their own potential. Teachers plan their lessons and make necessary adaptations to ensure appropriate challenge and accessibility for all learners.

Role of the Subject Leader

Training

- Provide support and training for staff in-house, including the planning, teaching, assessing, and evaluating of the P.E. curriculum.
- Provide up-to-date information for teachers on (online) resources in PE and new initiatives/schemes.
- Seek further training and support from specialist teachers and coaches.
- Over the course of an academic year, ensure all teachers can observe/team teach with specialist teachers, in order to make their contribution sustainable.

Curriculum

- Oversee, with support from the curriculum lead, the teaching and learning in PE in line with the Curriculum Map.
- Ensure the PE curriculum resources available to teachers are of a good standard and quantity.
- Promote PE and Sport across the school, encouraging children's participation and celebrating both involvement and success.

Organisation

- To report on school swimming attainment annually and record this online.
- Complete Risk Assessments for sporting events.
- Organise Sports Day(s) annually.
- Support with extra curricular Physical Education activities and liaise with the local authority to support children accessing team games and sports with other schools across Blackpool.
- Report to the Curriculum leader, Head Teacher and Governors on PE.
- Organise and Arrange the PGL activity holiday.

Budgeting

- To complete the 'Evidencing the Impact of the Primary PE and Sport Premium' document annually (liaising with the Head Teacher).

Health and Safety

Health and good safe practice is always emphasised in each environment, including the handling of equipment. Large equipment is inspected annually. Appropriate clothing is essential and children's attire is checked by teachers prior to undertaking PE activities.

- PE Kit

Children are encouraged to wear appropriate PE clothing. Shorts, t-shirts and sensible footwear for outdoor activities are recommended. Pupils are encouraged and regularly reminded to bring P.E kits. Children are bare-footed for gymnastics lessons, though they must bring their shoes to the lesson and leave them at the side in case of a fire emergency.

- Jewellery and Hair

Wearing jewellery is not allowed at Kincaig Primary School. Children must not wear any kind of jewellery in PE lessons, including watches. Pupils with medium/long hair are reminded to tie it up securely.

- Weather

It is encouraged that outdoor PE lessons take place in all seasons and in as many weather conditions as feasible. Classes are timetabled to have two hours in the hall each week, so if the weather is bad, the PE lesson can still go ahead. Children are encouraged to wear clothing in line with the season and weather conditions, maximising access to all lessons.

- Hygiene

Pupils are taught about the body changes that occur when they exercise along with recognition of the short and long term effects of exercise on the body. Aspects of hygiene are addressed in upper KS2.

- Staff dress

It is important that staff should consider their own and their pupils' safety with regard to their own personal clothing, footwear and jewellery when involved in the teaching of any PE activity. Teachers can change into their PE Kits for the half day session in which they teach PE.

Policy last updated 01/09/2025

The PE Policy at Kinraig Primary School and Nursery will be reviewed and modified on a regular basis at least every two years or when legislation makes this necessary.

It is possible to add amendments to this document prior to a review and these will be incorporated into the next issue. To add comments please complete the information on this sheet adding the date and signing where indicated.

Name of person responsible for policy – Mr Ryan Gumley

Policy adopted by the Governing Body –

Signed: _____

Date	Proposed Amendment	Signed

