



Squirrel Hayes First School

Policy Reviewed on	Feb 2016	Feb 2017	Feb 2018	Feb 2019	Feb 2020	March 2021	March 2022	March 2023	March 2024	March 2025	March 2026
Policy Owner Signature	Miss R. Mahan	Miss R. Mahan	Miss R. Mahan	Miss R. Mahan	Miss R. Mahan	Mrs R. Percival	Mrs R. Percival	Mrs R. Percival	Mrs R. Percival	Mrs R. Percival	Mrs R. Percival
Policy adopted by the Governing Body on	March 2016	March 2017	March 2018	March 2019	March 2020	March 2021	March 2022	March 2023	March 2024	March 2025	March 2026
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Version	07	08	09	10	11	12	13	14	15	16	17

Physical Education Policy

This school is committed to safeguarding and promoting the welfare of children and young people/vulnerable adults and expects all staff and volunteers to share this commitment.

SQUIRREL HAYES FIRST SCHOOL

PHYSICAL EDUCATION POLICY

PURPOSE

To ensure that all members of our learning community experience a varied, challenging and enriched curriculum which promotes a healthy and active approach to life. Physical Education and active learning is an essential part of our curriculum and all learners are encouraged to engage in a diverse range of physical learning activities whilst demonstrating a high regard for the safety of themselves and others.

Aims of PE

Through the delivery of PE, we aim to:

- Develop pupils' **physical competence**, confidence, and enjoyment of physical activity.
- Enable pupils to acquire and apply a broad range of **movement skills** in a variety of contexts.
- Promote lifelong participation in physical activity and an understanding of its **benefits for health and wellbeing**.
- Encourage values such as **fair play, respect, teamwork, resilience, cooperation, and leadership**.
- Provide opportunities for **competitive sports**, personal challenge, and inclusive participation.
- Ensure every child can access **high-quality PE**, regardless of ability or additional needs.

At Squirrel Hayes Physical Education should:

- Develop and promote an active and healthy lifestyle;
- Provide opportunities to experience a diverse and wide range of physical sports and activities;

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- Encourage and promote a healthy attitude towards competition and challenge, understanding the importance of playing by the rules;
- Encourage the need to take personal responsibility for the safety of all those engaged in physical activity;
- Develop physical skills, knowledge and understanding in a variety of different sporting disciplines;
- Celebrate talents, skills and achievements of all learners;
- Provide at least 2 hours of well-planned physical education every week;
- Promote and provide access to extra-curricular physical education through enrichment programmes and extended schools
- Promote well-being across the school

Learners from across the phases will have regular access to a wide range of Physical Education opportunities. Examples include:

- Physical Education focused lessons
- Physical Education through the 'Creative Curriculum' Topic learning
- Multi-skills & a range of sports and disciplines through staff
- Extended Learning/After-school sports activities
- Access to games & outdoor play activities & equipment during break-times and lunch-times
- Funtrition to learn all about a healthy and physical lifestyle.
- Flexicise on Friday's to promote good mental health and well being.
- Educational visits to the Leisure Centre and the middle schools to take part in team building activities.

Curriculum

PE

All children are taught by a qualified Teacher. Children from Years 1 to Year 4 have at least one, one hour, lesson of PE a week during curriculum time as well as 30 minutes of Flexercise a week and 45 minutes of Funtrition a term. Reception has a 60 minute slot each week. We aim to deliver 2 hours of PE a week.

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The curriculum at Squirrel Hayes First School follow the National Curriculum Programmes of Study in PE as stipulated in the PE National Curriculum 2014 document. The school has bought into an on-line PE Scheme of Work from The PE Hub which is used to ensure progression. Pupils develop physical skills, knowledge and understanding as well as learn about fitness, cooperation, and fair play. Pupils' are assessed by means of a bought-in bespoke PE Assessment tool to ensure progress is made and end of key stage expectations are met by all children. Children are assessed half termly by their teacher with the PE lead creating an analysis termly.

EYFS

Children develop fundamental movement skills through continuous provision and planned sessions aligned to the EYFS framework, focusing on:

- Balance
- Coordination
- Spatial awareness
- Basic manipulation skills

Key Stage 1

Pupils develop fundamental movement patterns, participate in simple team games, and learn to:

- Master basic movements (running, jumping, throwing, catching)
- Work cooperatively and follow simple rules

Key Stage 2

Pupils apply and develop skills in a broader range of activities, learning:

- Tactical awareness
- Effective teamwork
- How to evaluate and improve performance
- The importance of healthy, active lifestyles

Activities taught at Squirrel Hayes First School

- Dance
- Gymnastics
- Attack defend shoot
- Hit catch run
- Run jump throw

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- Send and return
- Tennis
- Badminton
- Football
- Netball
- Athletics
- Tag Rugby
- Cricket
- Rounders

Assessment & Recording

Assessment is carried out by the class Teacher. Children will be levelled as either below, at or above, in accordance with Age Related Expectations as per the Assessment Procedures for the curriculum areas covered.

RESPONSIBILITIES

The Head Teacher: - will take overall responsibility for the implementation of this policy and the practice within it.

All staff involved in the delivery of Physical Education activities: - will be expected to:

- Have a sound knowledge of any activity they teach or lead.
- Know what kind of activity, level of physical challenge and organisational procedures are appropriate to a developmental stage (age range)
- Have appropriate knowledge of the needs of both individuals and groups of learners.
- Ensure that working areas, equipment and storage meet acceptable standards for reliable and safe use.
- Check that participants and themselves, wear appropriate clothing for the tasks to participate safely.
- Demonstrate a clear understanding of risk assessment and management procedures to ensure safe practice.
- Ensure teaching and learning activities are carefully planned and graduated in progression.
- Follow school and LA guidelines and policies.

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- Report any safety concerns as soon as possible to the Physical Education Co-ordinator.

All pupils participating in Physical activities: - will be expected to:

- Display a healthy attitude towards competition and challenge understanding the importance of playing by the rules.
- Follow instructions carefully and responsibly giving regard to their own and others safety.
- Begin to take responsibility for their own personal effects, clothing, footwear and equipment to meet safety expectations.
- Be involved in the risk assessment process for activities they participate in.
- Behave appropriately to support learning and safe practice.
- Listen carefully to be able to understand difficult stretching moves.

All Parents/Carers: - will be expected to ensure that:

- All P.E kits and clothing are clearly labelled with the child's name.
- Children to come in their PE kits on their assigned PE day and also on Fitness Friday
- Long hair must be tied back on days when your child participates in P.E.
- If a child needs to be excused from P.E for any reason, a letter is required from the parent, stating the reason why the P.E session is to be missed.
- Inhalers must be in school and available before participating in any activity, if your child suffers from Asthma
- **No jewellery or earrings are to be worn during P.E lessons by children or staff.**

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- Children must be able to remove their own earrings before a P.E session or come to school without them in on the day of their P.E activities. (staff are not able to remove or insert earrings).

Children will not be allowed to take part in any P.E sessions if they are wearing earrings.

The Governing Body, through the Head Teacher: - will be expected to:

- Ensure that regular equipment inspections and risk assessments are carried out.
- Submit safety reports.
- Ensure that health & safety information is communicated effectively.

The Physical Education Co-ordinator: - will be expected to:

- Establish and monitor an exciting, progressive and consistent P.E curriculum throughout the school.
- Track and evaluate progress and achievement within PE throughout the school.
- Establish systematic review procedures to encourage safe practice.
- Carry out risk assessments.
- Inspect apparatus and equipment on a regular basis.
- Ensure appropriate safeguarding provision is made during PE sessions.
- Lead on professional development in Physical Education and safe practice within this.
- Communicate relevant safety information to all staff.
- Ensure an inclusive approach and access for all for physical education activities. (*School is committed to equality and inclusion*)
- Manage and oversee the use of volunteers and coaches.

PROCEDURE

This school is committed to safeguarding and promoting the welfare of children and young people/vulnerable adults and expects all staff and volunteers to share this commitment.

The correct clothing and removal of personal effects, such as jewellery, religious artefacts and sensory aids, represent important features of safe practice and therefore apply in equal measure to both staff and pupils.

Staff should endeavour to change for physical education - in situations where this proves difficult then a change of footwear and removal of jewellery, at the very least, should be undertaken.

Pupils should change into suitable physical education clothing (school PE kit) in order that they may participate safely and securely. **All jewellery must be removed.**

P.E Kit

**Royal blue polo or T-shirt
Black shorts or tracksuit bottoms
Black pumps (indoor)
Trainers (outdoor)
Tracksuit or jumper for colder weather outdoors**

Participation

Participation in all physical activities is recorded and tracked, as part of the school's commitment to equal opportunities, inclusion and the promotion of a healthy life style.

If your child is not able to participate in P.E sessions due to the lack of suitable P.E clothing on several occasions then a letter will be sent home from the Headteacher to remind parents/carers of the need to encourage and support their child in the safe practice and participation in P.E. *(it is the responsibility of parents/carers to ensure that their child has the appropriate clothing to participate in P.E activities safely)*

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DOCUMENT CHANGE LOG

Version No.	Date of review	Reviewer	Changes Made
01	Oct 2009	H & S committee	Procedures regarding H & S
02	Oct 2010	T & L Committee	New Policy template & parental expectations made clear
03	Nov 2011	Fay Taylor	Children involved in risk assessments & details of how much P.E is expected
04	Nov 2012	Erica Smith	Included P.E sessions provided through Professional Sports Coaches
05	Oct 2013	Fay Taylor	Reviewed, no changes made
06	March 2015	Rebecca Mahan	Reviewed- included educational visits to the middle schools and leisure centre to take part in team building activities.
07	Jan 2016	Rebecca Mahan	Reviewed, no changes made
08	Jan 2017	Rebecca Mahan	Reviewed, refined PE kit
09	Feb 2018	Rebecca Mahan	Reviewed, Staff modeling good practice and take jewellery out.
10	Feb 2019	Rebecca Mahan	Reviewed, incorporated well-being.
11	Feb 2020	Rebecca Mahan	Reviewed, incorporated Flexiscise, Funtrition and good mental health.
12	March 2021	Rebecca Percival	Reviewed, no changes made
13	March 2022	Rebecca Percival	Addition of PE curriculum Addition of PE hub Included activities taught Updated school PE kits
14	March 2023	Rebecca Percival	Reviewed, no changes made
15	March 2024	Rebecca Percival	Reviewed- added 2 hours of PE each week.

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Version No.	Date of review	Reviewer	Changes Made
16	March 2025	Rebecca Percival	Reviewed, no changes made
17	March 2026	Rebecca Percival	Addition of what each key stage including EYFS will be learning throughout their weekly PE sessions.

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