



Make your light shine so others will see the good that you do"



North Somercotes CE Primary School

PE Policy

"Intelligence and skill can only function at the peak of their capacity when the body is healthy and strong," John F. Kennedy.

Our definition for KS2 – PE should allow children to apply skills and link them to actions and sequences of movement. Pupils should communicate, collaborate and compete with each other.

Our definition for Foundation and KS1 – PE is the development of fundamental skills of movement, agility, balance and coordination.

What is PE?

PE is the sum of physical, intellectual, emotional and social development by using a programme of physical activities. Physical Education provides children the opportunity to develop physical competence and knowledge of movement and skills, placing children in co-operative, collaborative and competitive situations. It promotes skilfulness, physical development and knowledge of the body in action. This will help provide opportunities for children to develop their creative and expressive abilities and provide situations where children work independently, in pairs and in groups. It promotes positive attitudes toward healthy and active lifestyles. Pupils learn how to think in different ways to suit a wide variety of creative, competitive, cooperative and challenging activities. They learn how to plan, perform and evaluate actions, ideas and performances to improve their abilities and make choices about how they prefer to get involved in lifelong physical activity. As the children are exposed to a range of sports this allows them to pursue their favourite outside school or through school clubs. They also begin to understand what factors can affect health and well-being.



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Context

Children in North Somercotes have mixed experiences of sport, around 40% of pupils participate in a sporting club outside of school. These are mostly football, dance or martial arts. A small number of children participate in equine activities. There are no major sporting teams or events in our Lincolnshire area. The children also have limited exposure to major sporting events, around 50% of pupils have seen a professional sporting event. As part of PE curriculum we at North Somercotes would like the children to be exposed to sporting events with local schools and to try and engage them in attending professional sporting events. We are also a coastal community with limited access to a large swimming pool. A high proportion of children do not have regular swimming lessons from a young age.

Intention

PE is instrumental in promoting health and wellbeing in young children. At North Somercotes CE Primary School, we believe that PE should promote development of key skills and participation in a variety of games, activities and sports. At our school, PE is used to give children an opportunity to work as a team, develop leadership skills and tactical awareness as well as fostering an enthusiasm for sport. We provide a safe and supportive environment for children to flourish in a range of different physical activities and encourage their physical, emotional, social and moral development. All children have the option to be involved in competitions, giving them the opportunity to develop their skills and showcase their talents.

Implementation

PE in school is delivered by JB Sports for 1 hour per week. They provide a bespoke Long Term Plan for our school which meets National Curriculum expectations. Within each PE Unit a curriculum progression roadmap is followed from Reception to Year 6. These ensure key skills are developed and built on each year.

This covers the following areas of learning:

- Dribbling, hitting and kicking/Invasion Games
- Throwing and Catching/Striking and Fielding Games
- Gymnastics
- Bat and Ball/Net and Wall
- Dance
- Athletics
- Outdoor and Adventurous Activities
- Physical Literacy
- Swimming

Every class also has additional delivery of further enrichment activities ranging from archery to laser tag to fencing. This schedule is put together at the beginning of each academic year and adds further exposure of different sports and activities to the children.



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As we have our own school swimming pool all children complete a half termly swimming programme in the summer term from Reception to Year 6. This is led by school staff, in conjunction with JB sports specialist teachers and includes basic water safety training. This is fundamental to our location and context.

Roles and Responsibilities

Subject Leader

The PE Subject Leaders monitor the way their subject is taught throughout the school by:

- Learning walks
- Pupil voice
- Lesson observations
- Teacher interviews
- Coach Feedback

The PE subject leader has the responsibility for monitoring the way in which resources are stored and managed.

Impact

At North Somercotes CE Primary School we motivate children to participate in a wide range of sports which are fun, engaging and help children to develop a range of skills. We encourage children to apply these skills and their knowledge during PE lessons, but we also provide children with the confidence to apply these skills to many different life experiences both now and in their future. We encourage children to live fit and healthy lifestyles through our PSHE and Science curriculums and we are well resourced to promote this. This includes an outdoor gym children can access and break and lunch times. We motivate children to take responsibility for their own health and wellbeing, inspiring children to lead a happy and healthy life.

Policy Agreed: Autumn '23

Policy Review: Autumn '25