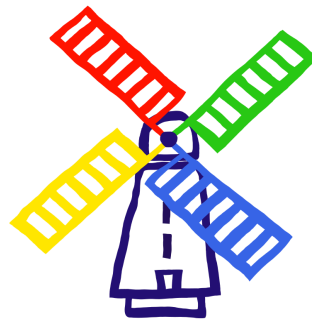




Physical Education Policy

Unity
Trust
Courage
Curiosity
Respect
Kindness



A community for learning. Raising expectations. Fulfilling high standards.

Policy Reviewed: **June 2026**
Headteacher: **Mrs Gemma Hillier**
Policy Review Date: **September 2026**



We aim to deliver a consistently high quality PE curriculum which is exciting, challenging, enjoyable and provides varied learning opportunities such as:

- Developing knowledge, skills and understanding across a broad range of sporting activities
- Engaging in moderate to intense physical activity over sustained periods of time
- Participating in competitive sports and activities
- How to lead healthy and active lives, picking up positive habits for their future lives
- To compete in games and activities in a collaborative team
- To promote safe practice in all sports and activities
- To use sport to build pupils self-confidence and self-esteem
- To encourage involvement in extracurricular sporting activities and develop community and club links
- Increase participation in competitive sports both in and out of school
- To develop staff competence and confidence in the delivery of high quality PE lessons

External Providers

To increase opportunities and inspire children to be active, we work with some outside providers to deliver activities which would not normally be covered in curriculum time. Some of these activities include Fencing and Kickboxing. We also work alongside First Touch Sports, a sports company who deliver PE lessons once a week to a variety of classes across the year. This aids our CPD for staff and knowledge of the progressive PE curriculum in a way that is delivered differently to our own approach.

Health and Safety

We recognise that participation in PE and physical activities contains an element of risk. Staff are responsible for ensuring that they are familiar with safe practice to reduce the element of risk to the absolute minimum within their control.

- Staff are aware of pupils who have SEN with regards to physical activity and make special provision for needs where appropriate e.g. physical disability or medical conditions
- Staff know about the safe practices involved in moving and using apparatus
- Pupils wear appropriate clothing, remove jewellery and tie back long hair. If the removal of jewellery or studs is not possible they should be securely taped.
- Pupils may be asked to remove shoes when participating in indoor activities such as gymnastics.
- Any children who have a verruca should wear plimsolls at all times, even during lessons where others may be required to be barefoot.
- Correct use of equipment is taught along with any potential hazards.
- Equipment and apparatus is stored safely at the end of each lesson.
- Pupils are taught to consider their own safety and that of others at all times.
- School shoes are not permitted to be worn for PE



Staff teaching or attending PE should wear appropriate PE kit and also consider their own and their pupils' safety with regard to their own additional personal clothing, footwear and jewellery when involved in the teaching of any sporting activity.

Risk Assessments are in place for all school sporting trips, along with the requirement to record and submit all intended visits on the Evolve School Visits system. All school sporting trips and visits must have first been submitted to Evolve and Head Teacher for approval before a visit can go ahead.

PE and School Sports Premium Funding

The PE and School Sports Premium funding is used in a number of different ways to support and develop PE and School Sport at Widmer End. A breakdown of the funding allocation (which is subject to change) can be viewed on the school website.

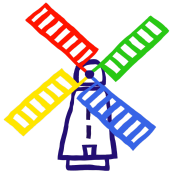
PE

All children are taught by Widmer End school teaching staff for the majority of their PE lessons. Children from Reception to Year 6 have two hour-long PE lessons during curriculum time each week. Once a half term, one of these hours are replaced by a Forest School session for one class. One of these lessons is also used for Swimming in KS2. 2-3 classes a month also participate in competitions on a Friday afternoon as part of the Holmer Green Sports Partnership.

The PE Curriculum at Widmer End covers the National Curriculum objectives for PE. The school uses Get Set 4 PE as our scheme of work, which is used to ensure year on year progression in skills, knowledge and understanding. Pupils develop physical skills, knowledge and understanding, as well as learning about fitness, co-operation, sportsmanship and fair play.

Assessment & Recording

Assessment is carried out by the teachers of PE. Our assessment is based on teacher judgement and pupil voice and children are assessed against their physical literacy skills within each sport taught. Pupils at the end of each term are marked at either working towards, working at or working above the expected standard. Swimming is assessed by the swimming instructors observations, alongside the views of the teacher who accompanies swimming lessons every week. The PE Lead is responsible for publishing Year 6 swimming data on the school website at the end of their time in KS2. This information can be found within our Sports Premium budget document.



Participation in PE

We aim for full participation in every PE lesson and aim to do this by:

- Using a wide range of resources and teaching strategies to actively engage pupils in participating in lessons.
- Taking into consideration the range of pupil needs to ensure continuity and progression in learning is provided and PE lessons are suitably differentiated in order to support and challenge pupils.
- Staff ensure that pupils of all abilities are able to access the PE curriculum by providing alternative or different resources to develop new skills and ensure a positive relationship with physical activity from an early age.

PE Kit

Pupils come to school in their PE kit to avoid wasting lesson time changing. Our Uniform Policy on our school website details the school PE kit that must be worn.

Physical activity outside of the curriculum

In addition to PE, there are a range of opportunities for physical activity throughout the school day. A range of Breakfast, Lunch and After School sports clubs are available to pupils. These clubs complement the curriculum and support the interests of pupils. These clubs include:

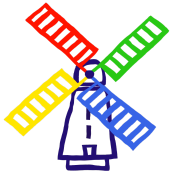
- Netball club
- Play leaders club
- Football club
- Dance club
- Running club

Monitoring and evaluation of physical activity

The PE Lead is responsible for the overall monitoring of the quality of PE and PE provision. Physical Education is monitored and evaluated through:

- Lesson observations
- Monitoring of equipment
- Analysis of assessment data
- Pupil and staff voice
- Pupil records of participation, focusing on different groups
- Pupil attendance and achievement in sporting competitions
- Attendance at breakfast, lunch and after school sports clubs

When external providers are used to deliver physical activity, the PE Lead will observe to ensure that high quality lessons are delivered and assessed consistently.



Equal opportunities and inclusion

We comply with the Equality Act 2010 and are proactive in ensuring that all pupils, including those with SEND or other children in vulnerable groups are provided with a comprehensive programme of physical activity. We will endeavour to adapt activities to suit specific individual needs, where possible. Where appropriate, this may mean providing specialised equipment, differentiating activities, offering a parallel or separate activity with a support assistant, or setting a challenge appropriate to their skill level.

Mental health and well being

At Widmer End, we involve children regularly in discussions about mental health and well being to equip them to make good decisions about their own health and wellbeing. Physical health and mental wellbeing are interlinked, and we teach pupils to understand that good physical health contributes to good mental wellbeing, and vice versa.

At Widmer End, pupils are taught about the benefits and importance of physical activity, exercise, diet and nutrition and how this can impact on their overall health and wellbeing. Children learn about the changes that can occur to their bodies, as a result of physical activity, and how being active can impact positively on their mental wellbeing. We talk to the children about the phrase 'healthy body, healthy mind.'