

PHYSICAL EDUCATION POLICY



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Bushmead Primary School **P.E. Policy**

Purpose and Rationale

Physical Education plays a vital role in school life at Bushmead and we are always striving to improve upon the provision within school in order for all pupils to take part in high-quality sport. We want all children in our care to develop physical literacy and aim to educate our pupils that physical activity, as well as health and fitness, does not belong solely in a school P.E. lesson. We want our children to gain both physical and psychological advantages from their P.E. lessons and school sport experiences, and to achieve this we draw upon the specialist knowledge of our P.E. staff and specialist coaches. We hope that in doing so, our children will take part in regular exercise that they enjoy as a natural part of their day.

Aims

At Bushmead Primary we aim to:

- Ensure that all pupils have access to 2 hours of curriculum time, high-quality PE and sport each week;
- Provide swimming lessons including basic water safety skills, teaching knowledge of how to remain safe in and around water and helping children to achieve the National Curriculum target of swimming confidently over a distance of 25m;
- Provide a broad and balanced curriculum which is inclusive to all pupils; maximising the amount of time children are physically active in their P.E. lessons in order to develop an in-depth understanding of P.E.;
- Ensure that all children enjoy P.E. and experience the opportunity to achieve physical literacy, equipping them with skills, knowledge and the desire to remain active and healthy in the future;
- Strongly promote physical activity across the whole school, both in class lessons and P.E. lessons, encouraging all staff to incorporate Physical Activity where possible in-line with the '60 active minutes for every child, every day' recommendation from the Department for Health;
- Compete at local, county and national level competitions in a broad range of sports, fixtures and events for all pupils and maintain our high levels of competitive achievement;
- Meet the criteria to achieve a School Games accreditation;

- Assess pupil performance accurately and keep records of data using this information to inform future planning and to identify trends;
- Encourage highly positive attitudes and the ability to make informed choices about engaging fully in extra-curricular sport;
- Provide opportunities for all pupils to participate in competitive sport, be it within Bushmead (intra-competition) or against other schools (inter-competition);
- Provide all pupils with the opportunity to participate in a themed school sports day celebration;
- Work with key partners, including the School Games programme, the School Games Officer and Complete P.E, to stay up to date with local and national P.E. initiatives;
- Continue to foster the links between our school and clubs in the community, in order to provide children with an outlet for further development.
- Use social media and the school website to promote and share information around Physical Education and School Sport to the wider Bushmead community.

Objectives:

- ✓ To enable children to acquire new knowledge and skills exceptionally well with increasing control and coordination.
- ✓ To encourage children to practise skills in a wide range of different activities and situations, alone, in small groups and in teams, and to apply these skills in chosen activities to achieve exceptionally high levels of performance.
- ✓ To provide opportunities for children to take initiative and become excellent young leaders, and evaluating what needs to be done to improve, motivating and instilling excellent sporting attitudes in others.
- ✓ To increase children's ability to use what they have learnt to remain physically active for sustained periods of time and an understanding of the importance of this in promoting long-term health and well-being.
- ✓ To teach children to recognise and describe how their bodies feel during exercise and how a healthy diet and lifestyle can have an impact upon the body.
- ✓ To develop the children's enjoyment of physical activity in a range of activities through exceptional levels of originality, creativity and imagination.

- ✓ To effectively differentiate lessons, where necessary, to meet any special educational, learning or physical needs of individuals or groups of pupils including gifted and talented.
- ✓ To develop individual and team performance through competitive activities, including team and individual sports, athletics, swimming, gymnastics and dance.
- ✓ To share pupil/team/school success and achievement within Bushmead Assemblies and with parents and the wider community on social media, the school website and in newsletters.

Procedures

Teaching and Learning:

We use a variety of teaching and learning styles in P.E. lessons. Our principal aim is to develop the children's knowledge, skills and understanding and we do this through a mixture of whole-class teaching and individual/group activities. At Bushmead we follow the Complete P.E. scheme of work which focuses on giving all children equal opportunities and the use of technology and assessment to aid teaching. Teachers draw attention to good examples of individual performance as models for the other children and we encourage the children to evaluate their own work as well as the work of other children. Within lessons we give the children the opportunity to set personal targets and both to collaborate and compete with each other using a wide range of resources. As professionals, we utilise our knowledge and understanding of childrens' creative thinking to fully explore how links can be made with P.E. and other subjects across the entire curriculum.

These include:

- Literacy (Speaking and Listening) - Discussing their own and others' performance, reading, looking at vocabulary cards and following instructions.
- Numeracy – Position and direction, shapes, measurement, statistics (recording results) number games with the children that involve running to certain multiples, number bonds.
- ICT – P.E. iPads, music, videos demonstrating examples of good practice, recording performances.
- Science – Parts of the body, how our bodies react to exercise.
- Geography – OAA, map reading skills
- PSHE – team-work, collaborative work, turn taking.

PE Curriculum Planning:

PE is a foundation subject within the National Curriculum. Each child participates in two timetabled P.E lessons per week as a minimum. Where possible, we try to link the work covered within P.E. lessons to other topics being taught across the curriculum.

Bushmead uses the Complete P.E scheme of work. Through this scheme we are able to set our own long term plans and make changes where needed. We are able to plan across key stages to ensure all skills are being met with specific ones being targeted for additional work which we know, through experience, children need. We adapt these schemes to meet the local circumstances of the school.

In Key Stage 1, pupils focus more on the skills required to take part in a wide range of sports. These include skills like throwing and catching, tracking and striking. There is also a greater emphasis on children getting to know their movements through work on spatial awareness, balance and coordination.

In Key Stage 2, we continue to teach skills but within the context of a specific sport or activity. Each block/sport starts by exploring and looking at prior knowledge before learning the skills and then in the final lesson, applying it to a competitive activity.

Here at Bushmead Primary and Nursery School, we utilise the expertise of external organisations to supplement our P.E. lessons with high quality after-school clubs. Lessons ensure that the pupils of the school gain the fundamental skills and knowledge required to further progress through the school. This will then filter through to extra-curricular activities ensuring we maintain our high levels of competitive performances and participation, both locally and at county level.

The Foundation Stage:

We encourage the physical development of our children in the Reception classes as an integral part of their work. As the reception classes are part of the Foundation Stage, we relate the physical development of the children to the Early Learning Goals (ELG) for Physical Development from the Early Years Foundation Stage (EYFS), which underpin the curriculum planning for children aged three to five years of age. Physical Development (PD) is one of the three prime areas of the EYFS. It is comprised of two areas:

1. Gross Motor Skills
2. Fine Motor Skills. Children in Reception have a set hall allocation during the week for structured physical exercise activities.

Physical Development is about how young children gain control of their bodies, but it also includes how children learn about keeping themselves active and healthy, and how they learn to use equipment and materials successfully and safely.

We encourage the children to develop confidence and control of the way they move, and the way they handle tools and equipment. We give all children the opportunity to undertake activities that offer appropriate physical challenges, both indoors and outdoors, using a wide range of resources to support specific skills.

Assessment:

Children are monitored and assessed on an on-going basis. We use the built in assessment tracker on the complete P.E. website to monitor children's progress. The website allows us to check certain groups to see how they are performing such as SEND, PP and gender. Physical Education teachers assess children's work in P.E. by making assessments as they observe them working during lessons. They record the progress made by children against the Learning Objective for the lesson. Teachers make a judgement as to whether the child has met, exceeded or is working towards the expectations of each individual unit. These records also enable the teacher to make an annual assessment of progress for each child.

Equal opportunities

'Bushmead Primary School is committed to working towards equality of opportunity for all children regardless of age, ability, gender, race and social circumstances. All pupils are of equal value and have the same right to take part in the varied activities and opportunities wherever possible. All opportunities for learning should be offered in a way which allows all children access and the ability to progress at their stage of understanding.'

Differentiation and Inclusion:

In all P.E. classes there are children of differing physical and learning abilities. At Bushmead Primary and Nursery School we recognise this fact and provide suitable learning opportunities for all children, by matching the challenge of the task to the ability of the child. We achieve this through a range of strategies including:

- Setting common tasks that are open-ended and can have a variety of results – e.g. timed events, such as an 80m sprint.
- Setting tasks of increasing difficulty,
- Grouping children by ability and setting different tasks for each group, e.g. different games.
- Providing a range of challenges through the provision of different resources, e.g. different gymnastics equipment, smaller/larger balls.

In keeping with our Special Educational Needs Policy, some pupils may have a learning plan which includes specific targets relating to PE. Equally, children who show exceptional talent must be catered for. Planning must consider how best to further these children's development within PE and provide challenging outcomes.

Resources:

At Bushmead Primary and Nursery School there are a wide range of resources to support the teaching of PE across the school. Resources have been purchased with children's specific needs in mind and some of these include sensory balls, slow-flight balls, as well cross curricular equipment. The halls contain a range of large gymnastic apparatus and we expect the children to help set up and put away this equipment as part of their work. By doing so, pupils learn to handle equipment confidently and safely. Pupils also use the school playground, basketball court and playing field for lessons and clubs, and visit Inspire Sports Village for swimming lessons.

Health and Safety:

The general teaching requirement for health and safety applies in this subject. We take specific P.E. direction in this area from the 'Safe Practise in Physical Education, School Sport and Physical Activity' guide by AfPE (Association for Physical Education). We encourage the children to consider their own safety and the safety of others at all times.

We expect children to be wearing the correct kit to school on PE days. For Gymnastics and Dance, this means white t-shirt, black tight shorts and no shoes or socks. In addition to this, for all other areas of P.E. we require children to have a plain, dark tracksuit and trainers (plimsolls are not recommended as they offer very little support and often hinder pupil performance, however they are acceptable for Foundation Stage children). Tracksuits are recommended to be worn to and from school in the winter months.

Children with religious beliefs are permitted to wear trousers and long-sleeved clothing for P.E. lessons if required. Bushmead Primary and Nursery School follows the advice outlined in Safe Practice in Physical Education, School Sport and Physical Activity (AfPE) regarding religious headwear in P.E.:

(2.10.15) 'Any clothing worn to comply with faith commitment should be appropriate to the ... activity. Clothing should be comfortable and allow for freedom of movement, white not being so loose as it becomes a hazard.'

'Headscarves (such as the hijab), where worn, should be tight, secured in a safe manner, particularly at the side of the face, and unlikely to obscure vision or catch on anything that may put the wearer at risk. Students can also consider obtaining a sports version of the hijab, for improved suitability.'

The policy of the school is that all jewellery is to be removed for any physical activity – if pupils are unable to remove items of jewellery for P.E. lessons themselves, these items should not be worn to school on days when they have P.E. this includes swimming lessons (Staff are not permitted to remove children's ear-rings). Exceptions can only be made for newly-pierced, studded ear-rings – parents are required to provide both a letter stating the date of piercing and plasters to cover the ear-rings for a six week period. After this period, ear-rings must be removed for all physical activity at school. Bushmead Primary School is unable to accept a responsibility waiver from parents in regards to wearing ear-rings as, should an incident occur, the school would still be liable, therefore Bushmead Primary and Nursery School does not accept disclaimers in any circumstances.

When children attend swimming lessons the following kit is required: boys must wear tight-fitting trunks/shorts that are above the knee; girls are required to wear a one-piece costume only. White swimming costumes are not recommended. Flip-flops or similar poolside footwear are not permitted for school swimming lessons. Children with long hair should wear a swimming hat or ensure hair is tied back. Goggles are not permitted for any swimming lessons unless there is a medical reason for wearing them - a Doctor's certificate stating this must be provided to the school.

The governing body expects teachers to set a good example by wearing appropriate clothing when teaching PE.

Extra-Curricular Activity Provision:

We provide a range of out-of-hours physical activities for our children. We are committed to developing and expanding these activities on an on-going basis, according to the needs of our children. Most of these activities are run by our own P.E. staff but when the opportunity arises we also use specialist coaches and clubs to inspire and motivate pupils.

At lunchtimes, as well as having year 5 children act as playground leaders, pupils are offered the opportunity to take part in structured physical activities. Children can use the playground apparatus and football areas on a rota system, have access to the climbing wall and the basketball court, and we have a wide variety of sports equipment available for pupils, all under adult supervision.

We encourage all of the children at Bushmead to take part competitively in sporting competitions and we have a very strong interest in the local competitions calendar. Bushmead Primary is prominent within local school sport and the P.E. staff regularly attend meetings to help shape competition in the town to ensure it develops and improves. We achieve a great deal of success in local and regional competitions and we are very proud of this. We encourage the children to adopt a balanced, fair-play approach to all activities, as well as having a healthy competitive attitude to winning.

It is very important to us as a school, to drive standards in PE and sport across the school. Particular focus goes into ensuring there are extra-curricular activities available across all year groups. Likewise, we endeavour to enter into as many School Games competitions as possible, across our age phases. Development of the House System is also essential to ensuring that we achieve School Games accreditation.

SMSC in PE

Spiritual: At Bushmead Primary and Nursery School, pupils are encouraged to use their own creativity and imagination when creating and performing gymnastics and dance routines. We believe that children need to be able to display their emotions and empathy and that they can do this through a range of sporting activities, particularly dance. Being able to critique their own and others' performances is also highly valued here at Bushmead Primary and Nursery School.

Moral: One of the most important skills that is nurtured and developed at Bushmead Primary and Nursery School is that of fair play and team work. Pupils are encouraged to demonstrate these skills during lessons and all members of ~~the PE~~ staff model these attributes at all times whether it be when teaching, refereeing or coaching at inter-school competitions. Good sportsmanship is encouraged and expected, and respect for others and equipment is a necessity. Clear rules, routines, rewards and sanctions are applied in all lessons and sporting activities, and this is delivered in line with the school's behaviour policy.

Social: During lessons and clubs, pupils are encouraged to develop communication skills and teamwork with all of their peers, which includes children of different religious, ethnic and socio-economic backgrounds. When representing the school at any sporting event, the pupils of Bushmead Primary and Nursery School are expected to be well-mannered and to socialise with pupils from other schools, even if

this is only in the form of congratulating the opposition for their efforts during the match or event. An important area for the PE department here at Bushmead Primary and Nursery School, is to offer a wide range of extra-curricular opportunities which helps to build relationships, communication and team work.

Cultural: Bushmead Primary and Nursery School encourages a willingness to participate in sporting opportunities that will help to develop positive attitudes towards different religious, ethnic and socio-economic groups. During sporting activity, pupils are given the opportunity to explore and respect a variety of different cultures in dance and to understand the different sports and their foundations. Specific focus is given to the different nations and athletes that compete at various national and worldwide tournaments and competitions such as the Football World Cup, the Olympics and the Commonwealth Games. PE is used across the curriculum when these events are taking place.