



PE at Tittensor First School

Policy – September 2026
to be reviewed: September 2027



‘Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity’

- John F. Kennedy

Rationale – Why do we teach PE?

Physical Education is high-quality curriculum which inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. At Tittensor we provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Children are provided with opportunities to compete in sports and other activities to build character and help to embed values such as fairness and respect. We believe that a healthy body supports that of a healthy mind and we endeavour to ensure that the well-being and the development of a healthy lifestyle and the centre of our PE curriculum.

What are the aims of the PE curriculum?

At Tittensor, we want to motivate and inspire our pupils' to engage with physical activity and lead a healthy lifestyle. Our pupils' will develop the fundamental skills they will later on apply in team games. We believe that physical education supports children in leading healthy and active lives, which support their physical and mental health. We aim for the children to develop competence to excel in a broad range of physical activities and opportunities to engage in competitive sports and activities. We aim to ensure that all children, regardless of ability, are given equal opportunities to develop physically.

What do we expect within the teaching of PE?

At Tittensor, we expect that all teachers fully engage with the PE curriculum. At Tittensor First School we allocate 2 hours of physical education and additional structured outdoor play each week, as we believe that this provides the minimum entitlement for each pupil to achieve a broad and balanced Curriculum. This is supplemented by a programme of out of hours learning opportunities. At Tittensor, we strongly believe in the inclusion of all pupils and all pupils are expected to participate in physical education lessons. Staff promote the inclusion of all pupils through planning and delivering lessons which have been developed in accordance to children's specific learning and/or physical needs. Where pupils have an injury or illness that prevents full participation they should be allocated tasks which are inclusive but safe for them to undertake (coaching, observation and analysis, timekeeping, scoring using the camera/video etc). All data and assessment is recorded and stored on DCPro for monitoring and evidence purposes.

What is taught in PE at Tittensor?

Focus/Unit	Nur	Rec	Y1	Y2	Y3	Y4
Physical development	✓	✓				
Gymnastics	✓	✓	✓	✓	✓	✓
Games			✓	✓	✓	✓
Dance	✓	✓	✓	✓	✓	✓
Athletics			✓	✓	✓	✓
Outdoor Adventure	✓	✓	✓	✓	✓	✓