

Tittensor (CE) First School

P.E. Policy



Policy date: September 2026

Review date: To be reviewed in line with Local Sports Hub involvement and the new DFE changes

At Tittensor First School, we aim to encourage all pupils to develop skills and confidence to reach their full potential as participants, performers and leaders to enable them to develop a life-long interest in physical and education and healthy a lifestyle.

Physical Education (PE) contributes to the overall education of all children by helping them to lead full and valuable lives through engaging in purposeful and high-quality activity. It promotes active and healthy lifestyles, physical skills, physical development and knowledge of the body in action. PE enables children to learn confidence, perseverance, team spirit, positive competitiveness and organisation. Children must engage in a programme of PE that encourages fitness, improves their strength and teaches them the rules of games. PE is an integral part of school practices allowing all children in the school to gain a sense of achievement and develop positive attitudes towards themselves and others.

Funding

Schools receive PE and sport premium funding based on the number of pupils in years 1 to 6. This funding must be used to make additional and sustainable improvements to the quality of PE and sport we offer.

At Tittensor we use the premium to:

- Enhance the PE and sport activities that we already offer
- Increase confidence, knowledge and skills of all staff teaching PE and outdoor activities
- Broaden the experience and range of sports activities offered across the whole school
- Increase participation in competitive sport
- Purchase sports equipment

Curriculum:

KS1

Within KS1, children are expected to master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities. We encourage children to participate in team games, developing simple tactics for attacking and defending and also enable children to perform dances using simple movement patterns.

KS2

Within KS2, children are encouraged to refine and build upon their skills developed in KS1 in order to allow them to take part in competitive games. Children continue to develop flexibility, strength, technique, control and balance and continue to perform dances using a range of movement patterns. Here at Tittensor, we strive to ensure that children take part in outdoor and adventurous activities which

challenges them both individually and within team situations.

The national curriculum for physical education aims to ensure that all pupils develop competence to excel in a broad range of physical activities, are physically active for sustained periods of time, engage in competitive sports and activities and lead healthy, active lives.

At Tittensor First School we allocate **2 hours** of physical education and **additional** physical activities such as:

- dance
- gymnastics
- multi-skills
- athletics
- swimming
- forest schools
- mega mile
- enrichment days
- lunch time clubs

Through the PE and sports activities provided at Tittensor, children are given the opportunity to be physical active and can also develop physical strength and endurance. They understand the importance of working together in a team through developing team building skills. They are also provided with strategies to develop resilience and develop positive attitudes through perseverance.

Inclusion

At Tittensor, we strongly believe in the inclusion of all pupils. More able and talented children and children with special educational needs will have their needs met through a range of sporting activities. Staff will ensure that children's specific needs are met by designing a range of individual or group specific activities which meet a range of learning styles. 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).

Role of the Subject Leader:

The Subject Leader (PE Co-ordinator) responsibilities are:

- *To manage, monitor and revise the scheme of work and policy for physical education in consultation with other staff.
- *To assist the head teacher by reviewing / monitoring / evaluating the teaching and learning of physical education in line with the school policy.
- *To advise the head teacher on development and safety issues for physical education.
- *To formulate, manage, monitor and revise assessment procedures for physical education in line with school policy.
- *To attend appropriate meetings and courses in relation to physical education.
- *To identify professional development needs of colleagues.
- *To provide on-going support and advice for colleagues in physical education.
- *To audit, monitor, manage and order resources for physical education in line within the delegated capitation

Health and Safety

Everyone has a duty under health & safety guidelines to ensure PE activities are carried out with due regard to the safety of staff and pupils in line with school, Local Authority and Health & Safety Policies.

Advice can be sought from the Local Authority's adviser, or the staff members responsible for Health & Safety.

Reference should be made to the school's Risk Assessments. All staff have a copy of the Health and Safety Policy in school documentation file.

- Staff should carry out risk assessments with the children at the start of all PE lessons.
- All equipment, apparatus and environment should be checked before the start of every lesson by teacher and is the responsibility of the teacher
- Children should be given health and safety guidance through the lesson
- All jewellery should be removed and stored safely before each lesson
- If children wear stud earrings they should be taken out by the child. If this is not possible, the child should be given tape to cover their earrings. Children must place and remove the tape independently
- All long hair should be tied back
- Suitable clothing should be worn for each lesson (see school prospectus for correct clothing) Children should not engage in physical activity without correct kit
- For indoor PE children should walk to the hall with suitable footwear on (pumps/trainers or school shoes)
- All children taking part in indoor PE should be bare foot or suitable footwear for indoor PE (pumps not trainers)
- For gymnastics when the apparatus is being used suitable footwear should be worn (pumps or barefoot only)
- All children with verruca's should wear pumps

When **travelling to sporting activity**, the appropriate risk assessments are completed and the followed issues addressed:

- All children wear seat belts
- All supervising adults to be aware of risk implications
- All supervising adults that attend swimming to hold a current DBS
- All transporting adults to be fully insured
- Parent permission for taking children out of school obtained
- Parent permission for children to be transported by other parents
- After school competitions children to be transported by their parents or a responsible adult who the child's parents have given permission. School to be informed.

The nominated governor for PE is: Mr Hobson.

This Physical Education Policy was agreed by the Governing Body on: September 2024