

Physical Education Policy

September 2025

Aims of our PE curriculum

At Christ the King we recognise the importance PE plays in the curriculum and are committed to providing all children with opportunities to engage fully in Physical Education. The aim of our PE programme is to develop children's basic physical competencies, build confidence in their ability and build the foundations for a lifelong love of sport, physical activity and a healthy lifestyle.

PE lessons encourage children to compete against themselves and others whilst being challenged to improve their physical, social, emotional and thinking skills. These skills are embedded in the heart of our planning.

Our objectives in the teaching of PE align with the National Curriculum in that we aim to ensure 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
- Lead healthy, active lives

Teaching and learning

Our PE lessons are planned using the Get Set 4 PE platform, which aligns with our core values, our whole child approach to PE and the objectives laid out in the National Curriculum. Get Set 4 PE is planned so that progression is built into the scheme which ensures our children are increasingly challenged as they move up through the school.

The curriculum planning in PE is carried out in three phases (long-term, medium-term and short-term). The long-term plan maps out the PE activities covered in each term during the key stage. We create a broad and balanced curriculum that is exciting for our children to learn through, taking into consideration the space and resources available in our school. Our medium-term plans give details of each unit of work for each term. These schemes of work provide an overview of the unit, links to other areas of the National Curriculum and assessment criteria for that unit. The short-term lesson plans provide opportunities for children of all abilities to develop their skills, knowledge and understanding in each activity area.

All children in KS1 and KS2 receive two hours of PE per week in their timetable. One hour is delivered by Mr Brady, our school sports coach. The second hour is delivered by class teachers, following the Get Set 4 PE scheme of work adapted for their class.

EYFS

We encourage the physical development of our children in the reception class as an integral part of their work. As these classes are part of the Foundation Stage of the National Curriculum, we relate the physical development of the children to the objectives set out in the Early Learning Goals, which underpin the curriculum planning for children aged three to five years of age.

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 challenge, both indoors and outdoors, using a wide range of resources to support specific skills.

Children in reception will receive one PE lesson per week from Mr Brady and will access the forest school site with their class teachers on Friday afternoons.

Assessment

Our teachers assess the children's work in PE, both by making informal judgements, as they observe them during lessons, and through assessing against the specific objectives set out in the National Curriculum and recorded using the Get Set 4 PE assessment software. We have clear expectations of what the pupils will know, understand and be able to do at the end of each Key Stage. Teachers are supported with resources to know how to prepare children for their next phase of education. These resources include the progression of skills document, progression ladders and knowledge organisers.

Monitoring and Reviewing

The planning and coordination of the teaching of PE is the responsibility of the subject leader (Mrs Maloney) who:

- Supports colleagues in their teaching, providing a strategic lead and direction;
- Evaluates the strengths and areas for development in the subject through staff and pupil voice questionnaires;
- Reviews evidence of the children's work and observes PE lessons.

The quality of teaching and learning in PE is monitored and evaluated by the subject leader and is overseen by the curriculum leader.

Health and Safety

We recognise that participation in PE and Physical Activities contain 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. (For further guidance on safety in PE, please refer to the AfPE "Safe Practice in Physical Education, School Sport and Physical Activity" online resource.)

Staff are aware of pupils who have special educational needs and medical requirements with regards to physical activity and make provision for needs where appropriate e.g. physical disability, asthma.

Staff know about the safe practices involved in moving and using apparatus. Equipment and apparatus are stored safely at the end of each lesson.

Uniform and PE Kit

Pupils are expected to come to school in their PE kits twice per week on their designated PE days. PE kit for all children is:

- Yellow polo shirt
- Maroon shorts
- Maroon jumper and tracksuit bottoms in colder months
- Appropriate trainers

All children should have a pair of wellies in school at all times, clearly labelled with their name. Children in EYFS have regular access to our forest school site, Griffin Wood. Children in KS2 have a timetabled block of OAA (outdoor adventurous activity) sessions once per year that will require outdoor footwear. In KS1,



children will regularly utilise the outdoor space available and should be prepared for these lessons across the curriculum.

On PE days, we encourage all children to remove all jewellery and tie back long hair. Please speak to the school office for spare PE kit. When attending external swimming lessons, no jewellery is permitted. Further advice related to this will be sent when your child begins their block of swimming lessons in Year 5.

Pupils may be asked to remove shoes when participating in indoor activities such as gymnastics, dance and yoga. Correct use of equipment is taught along with any potential hazards, including completing a risk assessment for each area/ space that PE and school sport takes place in. Pupils are taught to consider their own safety and that of others at all times.

Teaching staff should be appropriately dressed to teach PE. We undertake Risk Assessments of the school premises and areas where PE is taught and equipment including PE equipment (PE Lead) as necessary. Risk Assessments are in place for all school sporting trips.

PE subject leader: Georgia Maloney

PE and sports coach: Connor Brady

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