



Nurturing **Ambition Through a Living Faith**

PE Policy

Mission Statement

Nurturing ambition through a living faith.

Vision

Our Academy delivers a purposeful curriculum through its living Christian faith. We nurture ambition in all our learners in order for them to become positive citizens of tomorrow.

Bible

‘Let us not love with words or speech alone but with actions and truth.’ 1 John 3:18

Introduction

All staff at St James' C of E Primary School are committed to the health and wellbeing of our pupils. We understand that offering a broad and inclusive provision benefits both individual learners and the wider school community. Our approach to Physical Education focuses significantly on the holistic development of each child. While striving for excellence in performance, we recognise that every child's achievements are unique. We pride ourselves on delivering an engaging, diverse physical curriculum that provides opportunities to develop physical and mental wellbeing, fosters positive attitudes towards PE and school sport, and encourages lifelong active habits.

Our Aim

We aim for all learners to fulfil their spiritual, mental, and physical potential. We believe every child should experience success across all areas of school life. Through a high-quality physical curriculum, we support children in developing essential life skills that help them thrive in friendships, family life, and future careers.

Our Vision for PE

At St James' C of E Primary School, we intend for all pupils to develop:

- A lasting passion for movement and physical activity.
- Motivation to achieve and strive for personal bests.
- The confidence to question and challenge others respectfully.
- The skills to work inclusively and effectively within a team.
- Sound decision-making capabilities and the confidence to take calculated risks.

Curriculum & Provision

We deliver a balanced curriculum covering the statutory requirements of the Early Years Foundation Stage (EYFS) and the National Curriculum.#

- **EYFS (Pre-School & Reception):** Children are provided with daily opportunities to be active, developing coordination, control, spatial awareness, and fine/gross motor skills through structured sessions and continuous outdoor provision.
- **Key Stage 1 & Key Stage 2:** All pupils complete two hours of timetabled, high-quality PE each week. KS1 focuses on fundamental movement skills (agility, balance, coordination) through target, net/wall, striking/fielding, and sending/receiving units. KS2 builds upon these foundations, applying skills to sport-specific tactics, competitive situations, and complex movement patterns.

Planning & Pedagogy

We follow the *Get Set 4 PE* scheme of work, adapting lesson plans to meet the specific needs and abilities of each class. Lessons adopt a child-led, Growth Mindset approach, providing opportunities for pupils to revisit, practise, and master prior skills with appropriate challenge.

Inclusion & SEND

PE is fully accessible to all pupils. Teachers plan with high expectations for every child and adapt learning using the STEP framework (Space, Task/Time, Equipment, People) to ensure every pupil can succeed at their own level. The PE Lead is consulted if specialist adaptive equipment is required. Intra-school competitions and inclusive events are regularly run to ensure all children experience competitive sport.

Swimming & Water Safety (Years 3 & 4)

Pupils in Years 3 and 4 attend weekly swimming lessons at the local pool for one term each year, led by qualified swimming instructors. By the end of Key Stage 2, school policy aims for all children to:

- Perform safe self-rescue in various water-based situations.
- Swim competently, confidently, and proficiently over a distance of at least 25 metres.
- Use a range of strokes effectively (e.g., front crawl, backstroke, breaststroke).

Required Swimwear: One-piece swimsuits for girls; swim trunks/briefs (not loose shorts) for boys. Spare swimming kits are maintained in school to guarantee full participation.

Active Uniform & Dress Code

To ensure pupils are ready to move and be active throughout the school day, St James' operates a single, versatile Active Uniform. This replaces traditional formal uniforms and separate PE kits.

Daily Active Uniform Standard:

- **Top Layer:** Red school half-zip top (branded).
- **Year 6 Exemption:** Year 6 pupils wear their Year 6 Leavers Hoodie daily as their outer layer.
- **T-Shirt:** Red or white T-shirt (school-badged or plain unbranded).
- **Bottoms:** Plain black trackpants, shorts, or leggings (strictly plain black with no visible logos or branding).
- **Footwear:** Plain black trainers suitable for running and sports (strictly plain black with no visible logos, hi-tops, or fashion footwear)

Our Vision for PE

Safety Guidelines:

- Long hair must be tied back securely for all physical activities.
- Jewellery must be removed prior to PE or taped over safely where removal is not possible.
- Staff delivering PE lessons must wear appropriate activewear/sports clothing to model best practices.

Extra-Curricular, Leadership & Playtime Provision

- **Clubs & Competitions:** We offer an extensive extra-curricular sports timetable aligned with local competition calendars (e.g., DPSSA/SLA / Blackburn with Darwen events). We prioritise broad participation, ensuring as many children as possible—including SEND pupils—represent the school.
- **Active Breaktimes:** A wide selection of equipment is accessible during breaktimes and lunchtimes to help children achieve their target of 60 active minutes per day.
- **Youth Leadership:** Each year, Year 6 Sports Prefects are appointed as sporting role models. They lead lunchtime games, assist with Sports Day, and support whole-school physical activity initiatives.
- **Enrichment:** Visiting coaches and sports professionals deliver specialised workshops and clubs throughout the year to enrich the curriculum.

Assessment, Subject Leadership & CPD

- **Assessment:** Staff conduct ongoing observational assessments during lessons and record unit data using the *Get Set 4 PE* assessment tool. This tracks progress against National Curriculum age-related expectations and informs future planning and differentiation.
- **Monitoring:** The PE Lead regularly monitors data, conducts lesson observations, gathers staff and pupil voice, and implements targeted interventions where needed.
- **Staff Development (CPD):** The PE Lead supports teachers with planning, delivery, and assessment. Staff receive regular CPD to build confidence and subject knowledge.

- **Network Collaboration:** The PE Lead attends local Network and DPSSA meetings, disseminating key updates and training to all school staff via meetings and internal communications.