



PE Policy **2025**

Through Christ we believe, inspire, achieve.

Completed by: K Garvey
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1. Curriculum Intent

At English Martyrs, we aim to inspire pupils and develop their confidence to engage in many types of sport and to develop a love of physical activity and sport. Through good physical education, whole school values and a whole child approach, we aim to nurture confident, resilient children who will strive for their personal best.

Our intention is for our children to understand how sport has a positive impact on their physical health and mental wellbeing.

We aim to provide opportunities that enable the children to develop their ability, recognise and nurture their talents and interests. We listen to our children's wants and needs and provide them with a range of active experiences and clubs. We want to aid our children in obtaining the values and skills to celebrate and respect the success of others, as well as modestly celebrating their own successes. We strive to educate both our children and families to develop a greater understanding on how to live healthy lifestyles and make healthy choices.

2. PE and the National Curriculum

At English Martyrs our PE curriculum enables pupils to meet the end of key stage attainment targets outlined in the National Curriculum. Statutory guidance for Early Years Foundation Stage using Early Learning Goals and Development Matters statements are being covered through continuous provision.

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.

'Get Set for PE' is a published scheme that we have chosen to adapt and implement to ensure consistency, coverage and accuracy through our teaching. Within lessons, learning is sequenced so that children can explore and develop a skill and then apply it to a game, sequence or choreography. Lessons are sequential, allowing pupils to build their skills and knowledge, applying these to different sports and activities. Our coherent and progressive PE curriculum ensures that the children practise and repeat skills so that they can improve over time and develop mastery.

3. Pupil Experiences

Our children in Nursery and Reception develop a range of skills to help their physical development through continuous provision. The children have the opportunity to develop their fine and gross motor skills through daily activities focusing on movement, balance and coordination. The children have access to a variety of resources including bikes, scooters, climbing frames, balls, hoops and ribbons.

Key Stage 1 children take part in weekly PE lessons building on fundamentals while learning ball skills, dance, games, gymnastics and athletics. Key Stage 2 children participate in weekly PE lessons that include dance, games, gymnastics, athletics, OAA and swimming(Y4&5). Learning objectives are communicated at the start of the lesson and referred to throughout; objectives are inclusive of the whole child. Our children are appropriately challenged and teaching styles are adapted to meet the needs of each individual. Pupils have a voice and are encouraged to contribute to lessons answering questions, listening to feedback and talking about what they need to do to improve.

Children will be given the opportunity to attend weekly clubs and participate in intra and inter competitions and events throughout the year. Skills taught in PE lessons will be transferable to other extra curricular activities.

4. Rationale

Here at English Martyrs, we aim to foster a holistic approach to our children's development through regular physical activity, incorporating PE lessons, active playtimes, and extracurricular activities. Our goals are to:

- **Promote Regular Physical Activity:** Engage children in consistent physical exercise to build lifelong health and fitness habits.
- **Develop Skills and Challenge:** Teach a variety of sports skills and provide challenging environments to foster growth and resilience.
- **Enhance Well-being:** Improve physical and mental health through positive and enjoyable physical experiences, boosting confidence and social skills.

5. Equal Opportunities

Inclusion is at the centre of everything we do at English Martyrs. We recognise the varying needs of all our learners, and so differentiate activities where necessary and as appropriate, and ensure an appropriate level of challenge is carefully planned for during each PE lesson.

Equal opportunities will be given to all children in respect of:

- Race

- Gender
- Culture
- Special Educational Needs

6. Monitoring arrangements

EYFS teachers assess the progress of each child's physical development using Development Matters and Early Goals statements throughout the year. Key Stage 1 and 2 teachers' summative assessment is carried out at the end of each topic to inform the overall progress made by each child to help with future planning.

Teachers make informal judgments as they observe during lessons. They assess the children against specific skills objectives as well as guidelines set out in the National Curriculum. Children are encouraged to use self and peer assessment throughout lessons. Effective questioning is used to check understanding and consolidate learning; allowing the children to recognise what they need to do to improve.

Teachers record progress using 'I can' statements linked to 'Get Set 4 PE' progression ladders. Feedback is continually given to children which leads to better outcomes in PE. Parents are informed of their child's progress through parent meetings and annual reports.

7. Cross Curricular Links

Physical Education can be a great platform for cross-curricular learning, where skills and knowledge from other subjects are integrated in PE lessons. This makes learning more engaging and relevant for the children. We make cross-curricular links with Science by discussing concepts such as speed, distance and the effects of exercise on the body. We link lessons to PSHE discussing healthy diets and the importance of being active. We also make links to other subjects including History and English.

8. Resources

A resource audit will be carried out at the start and end of the school year to ensure resources are available for lessons. Large PE apparatus are inspected yearly.

9. Health and Safety

On PE days children wear PE kits and staff are appropriately dressed. Areas are checked and safe to use before lessons. Children are shown how to use all equipment safely and are monitored throughout the lesson. Staff will refer to current Health and Safety practices, safety regulations and safe guarding requirements.

10. Monitoring of the PE Policy

The PE policy will be monitored as an ongoing document. The PE coordinator will work in collaboration with the Headteacher and senior leadership team.

11. Evaluation of Policy

The policy will be evaluated against certain criteria; insets undertaken by staff members, staff viewpoints and discussions carried out by coordinators and the Headteacher.