



## **Sacred Heart School**

### **Physical Development Policy**

*At Sacred Heart School we all aspire to provide a happy, safe and secure environment in which every child is encouraged to achieve their full potential.*

*This policy is applicable to all pupils, including those in EYFS.*

|                   |                                              |
|-------------------|----------------------------------------------|
| Written by:       | Johanna Collyer                              |
| Approved by:      | Antonia Gabriel, Sarah Alcock and Emma Nixon |
| Last reviewed on: | April 2026                                   |
| Review date:      | April 2028                                   |
| Review Cycle:     | Every Two Years                              |

## Contents

|                                         |   |
|-----------------------------------------|---|
| Mission and Ethos.....                  | 3 |
| Aims .....                              | 3 |
| Statutory Framework .....               | 3 |
| Curriculum Provision .....              | 3 |
| Teaching and Learning .....             | 4 |
| Inclusion and Equal Opportunities ..... | 4 |
| Facilities and Resources .....          | 4 |
| Health and Safety .....                 | 4 |
| Roles and Responsibilities .....        | 4 |
| Monitoring and Evaluation .....         | 5 |

## **Mission and Ethos**

At Sacred Heart Catholic Primary School, we believe that every child is created in the image and likeness of God and is called to flourish. Physical development is an essential part of educating the whole child and contributes to pupils' physical health, emotional wellbeing and overall development. We encourage all pupils to value and care for their bodies as part of God's creation.

## **Aims**

The aims of physical development at Sacred Heart are to:

- Develop pupils' physical competence, confidence and enjoyment of movement
- Promote healthy lifestyles and positive attitudes towards physical activity
- Support pupils' coordination, balance and agility
- Provide opportunities for teamwork, cooperation and resilience
- Ensure all pupils experience success and progress regardless of ability

## **Statutory Framework**

This policy is informed by:

- The EYFS Statutory Framework (2024)
- The National Curriculum for Physical Education (KS1 and KS2)
- Health and Safety guidance

Physical development is a prime area of learning in the Early Years Foundation Stage and a statutory subject through the National Curriculum in Key Stages 1 and 2.

## **Curriculum Provision**

### **Early Years Foundation Stage (EYFS)**

Physical development is delivered through both structured and continuous provision. Pupils develop:

- Gross motor skills through outdoor play, climbing, balancing and movement activities
- Fine motor skills through activities such as mark making, threading and using tools

Provision is carefully planned to ensure progression and regular opportunities for active learning.

### **Key Stage 1 and Key Stage 2**

Pupils receive high-quality physical education through:

- Games (football, rugby, netball, hockey and cricket)
- Gymnastics and/or Dance
- Athletics
- Outdoor and adventurous activities (Forest school, Bushcraft and residential)

Lessons are planned to build skills progressively and provide opportunities for both individual and team participation. Key Stage 2 children have regular competitive matches against other independent and local state schools.

### **Teaching and Learning**

Teaching is inclusive and adapted to meet the needs of all pupils. Sport staff:

- Model skills and provide clear instruction
- Use assessment to inform planning
- Provide opportunities for practice and application
- Encourage perseverance and positive attitudes

Pupils are given opportunities to reflect on their performance and celebrate their achievements.

### **Inclusion and Equal Opportunities**

All pupils are entitled to access high-quality physical development opportunities. Provision is adapted to support pupils with special educational needs and disabilities (SEND) and those with differing abilities. The school ensures that all pupils can participate fully and safely in physical activity.

### **Facilities and Resources**

Sacred Heart School has a school hall equipped with fixed and portable apparatus to support the teaching of gymnastics and dance. Outdoor provision includes a playground and a Multi-Use Games Area (MUGA), which are used for the teaching of games.

Swimming lessons are delivered for Key Stage 2 pupils at Mayfield Swimming Pool throughout the year. PE equipment is stored in the hall store and the outdoor PE sheds and is maintained to ensure it is safe and appropriate for use.

### **Health and Safety**

The school prioritises the safety of all pupils during physical activity. Staff ensure that:

- Equipment is safe and fit for purpose
- Risk assessments are carried out where appropriate
- Pupils are supervised at all times
- Appropriate clothing and footwear are worn

This policy should be read alongside the school's Health and Safety and Safeguarding policies.

### **Roles and Responsibilities**

#### **Governing Body**

- Ensures the policy is reviewed regularly
- Monitors the effectiveness of provision

#### **Headteacher**

- Has overall responsibility for implementation
- Ensures staff receive appropriate training
- Monitors teaching and learning

### **Subject Leader and Sport Teachers**

- Leads and develops physical education and development across the school
- Supports staff and provides guidance
- Plan and deliver high-quality lessons
- Ensure inclusion and safety
- Assess pupils' progress

### **Monitoring and Evaluation**

Physical development is monitored through:

- Lesson observations
- Pupil voice
- Performance data

Outcomes from monitoring are used to inform future planning and school improvement priorities.