



WESTONZOYLAND

Community Primary School and Pre-school

Physical Education Policy

September 2025

Ratified by:
Headteacher
Andy Clark

Ratified by:
Co-Chair of Governors
Amy Saturley Laura Proud

Review date: September 2026

Rationale

Physical Education makes a unique contribution to a child's education as it is the only area of the curriculum which is concerned with the development of gross motor skills, movement competence and learning through movement.

Aims:

- To develop an understanding of and to apply a wide range of movement skills and concepts.
- To enable children to become confident and competent in their movements.
- To develop the skills necessary to participate successfully in a wide range of physical activities, including team games.
- To be an inclusive subject where the appropriate provision is made in order to ensure that all children are able to benefit from PE, including children with SEND needs.
- To encourage children to recognise the benefits of exercise both while at school and throughout their lives – as obesity in children and adults is currently a national concern.
- To spend money given to the school through the sports grant with a view of improving levels of activity and physical opportunities for children.

Broad guidelines.

Children should be taught

- How to recognise the factors, which influence performance / participation.
- How to improve their performance and others' by engaging in the continual process of planning and evaluating against these factors.
- The importance of warm-up and cool-down activities.
- Perseverance and stamina.
- To know about working as individuals, pairs and in groups or teams.
- Know the importance of physical activity in keeping themselves mentally and physically healthy.

There will be a breadth and balance in the PE curriculum for all, including games, gymnastics, dance and athletics. In addition, at KS2 outdoor and adventurous activities and swimming will be delivered.

The school will use specialist sports coaches where possible to teach children, with an aim of upskilling our teachers as well as increasing the engagement of the children, when they are periodically provided through close links with the local Sports Alliances and clusters of schools.

Assessment of Physical Education will be in line with the school's assessment procedures. Parents will be kept informed of their child's progress through parent teacher consultations and the annual school reports.

Staff will be expected to set a good example to pupils by wearing appropriate clothing for PE.

Health and Safety considerations:

- Health and Safety of the pupils and staff will be given high priority and Risk Assessments carried out where appropriate.
- Pupils will be taught how to move, erect and dismantle apparatus safely.
- Pupils will be supervised when moving, erecting or dismantling apparatus.
- Staff are responsible for checking the apparatus is assembled and secured correctly at the beginning of each lesson.
- Pupils will be required to wear school PE kit for all lessons.
- When working on the apparatus in the hall, children will usually work with bare feet.
- Long hair should be tied back.
- No jewellery will be worn during PE or swimming lessons.