



# **Nutley CE Primary School**

**Believe and Achieve**

## **Physical Education (PE) Policy**

**March 2025**

## **Curriculum Statement**

### **Intent**

Nutley CE Primary school recognises the value of Physical Education (P.E) in all of our settings. We fully adhere to the aims of the national curriculum for physical education to ensure that all children:

- 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

### **Implementation**

P.E. is taught at Nutley CE primary School, as an area of learning in its own right as well as integrated where possible with other curriculum areas. It is taught at a minimum of one PE session a week, and two sessions in KS2 per week wherever possible. We teach lessons so that children:

- Have fun and experience success in sport
- Have the opportunity to participate in P.E at their own level of development
- Secure and build on a range of skills
- Develop good sporting attitudes, including resilience and independence
- Understand basic rules
- Experience positive competition
- Learn in a safe environment
- Have a foundation for lifelong physical activity, leaving primary school as physically active.
- Developing an understanding of how to keep physically and mentally healthy, as part of their personal wellbeing.

### **Impact**

P.E is taught as a basis for lifelong learning, where the children have access to a wide range of activities and resources in a creative and engaging way.

A high-quality physical education curriculum inspires all children to succeed and take part in competitive sport and other physically-demanding activities. We provide opportunities for children to become physically confident in a way which supports their health and fitness. We encourage opportunities to compete in sport and other activities as these help build character and help to embed values such as fairness and respect.

### **Teaching and Learning**

Teaching styles and strategies provide opportunities for children to participate in a range of activities and evaluate their own performance. Careful planning ensures time is spent in organising and resourcing lessons and activities. Children experience a range of opportunities to work individually, in pairs or in groups over time.

### **Assessment**

Assessment of PE is an ongoing process. As each lesson progresses, the teachers and coaches carefully observe and assess, intervening as necessary, to ensure that each child makes the full progress of which they are capable. Lessons are planned to ensure that lessons are fully inclusive and take account of children's differing needs and physical ability.

### **Planning and Resources**

P.E. equipment is stored safely in the School Pavilion on the field / the PE cupboard and only members of staff have access. The storage area is regularly checked by the PE teachers in each school to check its tidiness and organisation. Staff, are advised to inform the subject leader of broken, damaged or lost equipment so that replacements can be ordered.

### **CPD**

All staff complete CPD audits and regularly attend sessions taught by dedicated PE coaches to observe high quality teaching practice. We use The Brighton and Hove Foundation to deliver CPD to staff and teach a PE lesson to our KS2 classes every week.

### **Primary Sports Funding**

The 'PE and Sport Premium' is designed to help primary schools improve the quality of the PE and sport activities they offer their children. Schools receive PE and Sport Premium

funding based on the number of children in Years 1 to 6. Information about the school's funding allocation and how it is spent each year is published on our schools websites annually.

### **Active Mile**

The Active Mile is an effective initiative which is designed to improve not only the children's fitness, but also their concentration levels, mood, behaviour and general wellbeing. It is 15-20 minutes when children jog or run, around the playground, at their own pace, during the school day at a time of the teacher's choosing. We recommend this be during lesson time, so children have their full break / play time. The Active Mile is not Sport or PE, but rather health and wellbeing through physical activity. It's a simple and straightforward initiative that has been acknowledged for reducing childhood obesity and recognised within the UK Government's 2018 Childhood Obesity Strategy.

The Daily Mile can help schools to rebuild their children's fitness and improve their emotional and mental health – all outdoors in the fresh air.

### **Swimming**

At Nutley CE primary School we teach swimming lessons in Years 3 and 4. Swimming lessons take place offsite at a local swimming pool with qualified swimming teachers.

### **Equal Opportunities**

We are committed to promoting equal opportunities irrespective of socioeconomic background, gender, disability and ethnicity in all areas of the curriculum. We believe that children should have equal access to and participation in a range of physical education activities.

### **Inclusion**

At the school we are committed to ensuring that all children participate in PE and physical activity irrespective of any special educational need(s) or physical disability they may have. We believe that children should have equal access to and participation in a range of physical education activities in order to reach their own potential. Research has shown that children ALL participating in PE together proves better outcomes for ALL than not being inclusive.

### **Events**

The subject leader for PE at Uckfield College co-ordinates events across the schools of the Uckfield Town Schools Alliance and invites pupils to attend competitive events within the local community and area. The Nutley CE Primary School PE subject leader will liaise with staff to ensure that a range

of children are selected for events, and that we provide opportunities for all children including PPG, SEND children or Gifted and Talented children where appropriate.

## **Role of the Subject Leader**

### Training

- Provide support and training for staff in-house, including the planning, teaching, assessing, and evaluating of the P.E. curriculum.
- Provide up-to-date information for teachers on resources in PE and new initiatives/schemes.
- Seek further training and support from specialist teachers and coaches.
- Over the course of an academic year, ensure all teachers can observe/team teach with specialist teachers, in order to make their contribution sustainable.

### Curriculum

- Timetable specialist teachers and coaches (liaising with Head).
- Ensure the PE curriculum resources available to teachers are of a good standard and a quantity.
- Promote PE and Sport across the school, encouraging children's participation and celebrating both involvement and success.

### Organisation

- Register the school for various cluster sporting events with the support of P.E coaches.
- To report on school swimming attainment annually and record this online.
- Complete Risk Assessments for sporting events.
- Organise Sports Day(s) annually.
- Report to the Head Teacher and Governors on PE.

### Budgeting

- To complete the 'Evidencing the Impact of the Primary PE and Sport Premium' document annually (liaising with the Head).

## **Parents**

Parents are encouraged to inform our schools, if they have a certain expertise in a particular sporting area. In this instance, we can involve a parent in delivery of lessons/clubs or events. Parents are encouraged to attend Sports day to celebrate and promote physical activity, as well as support groups to travel to sporting events as support.

## **Health and Safety**

Health and good safe practice is always emphasised in each environment, including the handling of equipment. Large equipment is inspected annually. Appropriate clothing is essential and children's attire is checked by teachers prior to undertaking PE activities.

## **PE Kit**

Children are encouraged to wear appropriate PE clothing. Shorts/jogging bottoms, t-shirts and sensible footwear for outdoor activities are recommended. Children are expected to wear their P.E kits on PE days, to minimise the number of non-participants and to maximise learning time through removing the necessity for changing clothing. Children are bare-footed for gymnastics lessons, though they must bring their shoes to the lesson and leave them at the side in case of a fire emergency.

## **Jewellery and Hair**

Children must not wear any kind of jewellery in PE lessons, including watches. Children with medium/long hair are reminded to tie it up securely.

## **Weather**

It is encouraged that outdoor PE lessons take place in all seasons and in as many weather conditions as feasible. If the weather is not appropriate for outdoor PE, the PE lesson can still go ahead in the hall. Children are encouraged to wear clothing in line with the season and weather conditions, maximising access to all lessons.

## **Hygiene**

Children are taught about the body changes that occur when they exercise along with recognition of the short and long term effects of exercise on the body. Aspects of hygiene are addressed in upper KS2.

## **Staff dress**

It is important that staff should consider their own and their children's safety with regard to their own personal clothing, footwear and jewellery when involved in the teaching of any PE activity.