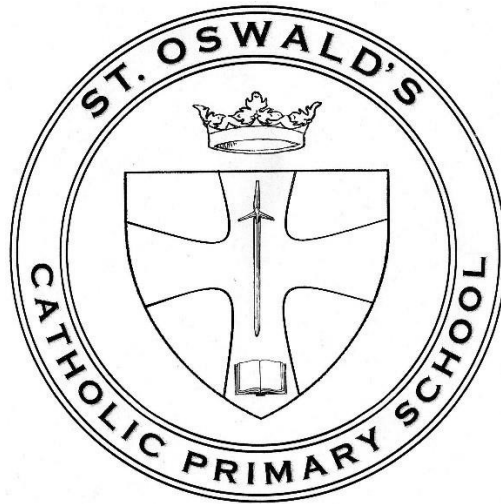


St Oswald's Catholic Primary School



Physical Education Policy 2025-2026

Approved by:	Approval date	Renewal date
Standards Committee	2 nd October 2025	Autumn 2026

This PE Policy is set within the context of the whole school aims and mission statement:



*Together with Jesus,
We will Learn and Grow in Faith*

Purpose

This policy outlines the purpose, nature and management of the P.E taught in St. Oswald's C. Primary School. The policy reflects the work of the teaching staff and has been compiled by the PE Co-ordinator in discussion with staff and S.L.T.

The implementation of this policy is the responsibility of the PE Co-ordinator and all teaching staff.

Philosophy

St Oswald's Catholic Primary school is committed to promoting the health and well-being of its pupils and staff through physical activity. This policy outlines the organisation, teaching and management of physical activity at St. Oswald's Catholic Primary School. Our school strives to maximise opportunities for children, young people and all those associated with the school to be physically active by promoting all avenues for physical activity. This includes the curriculum, environment and wider community.

Aims

- To enable pupils and staff to understand the importance of physical activity through the provision of information and development of appropriate skills and attitudes including self- discipline.
- To provide and promote opportunities for staff and pupils to be physically active throughout and beyond the school day.
- To increase physical activity of levels of pupils in line with curriculum guidelines.

- To provide opportunities for competition and creativity within a game/ performance scenario.
- To develop/improve awareness of safety procedures.
- To provide the opportunity to lead activities and evaluate their own performances as well as their peers.
- To promote defensive and attacking strategies

Equal opportunities

At St Oswald's Catholic Primary School we teach P.E to all children, whatever their ability or individual needs. P.E forms part of the school curriculum policy to provide a broad and balanced education to all children. Through our teaching we provide learning opportunities that enable all pupils to make good progress. We strive hard to meet the needs of those pupils with educational needs, those with disabilities, those with special gifts and talents, and those learning English as an additional language. This may take form of activities differentiated by task or outcome, additional support or where there is physical disability of specific equipment is needed.

Curriculum provision

Organisation:

PE programme is taught mainly by class teachers. At some points over the year children from years 1-6 will football coaching from football coaches. Years 5 and 6 will receive swimming sessions from swimming coaches. Areas of activity we will cover include games, gymnastics, dance, athletic skills and swimming taught by specialist instructors and Outdoor and adventurous activities.

Each child will receive the following **ACTIVE PE** time per week:

Nursery- ½ hour per week

Reception- 1 x 45 minutes per week + daily outdoor activity time

Year 1 and Year 2- 2 x 45 minutes per week

Year 3 – 6- 2 x 60 minutes per week

Foundation Stage

In Foundation Stage activities to support learning from areas of 'Physical Development' and 'Creative Development' in the Early Learning Goals are planned daily.

Key Stage One

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Pupils should be taught to:

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- participate in team games, developing simple tactics for attacking and defending
- perform dances using simple movement patterns

Key Stage Two

The Get Set 4 PE published scheme are used for the basis for PE lessons although they may be supplemented whenever necessary if a unit of work is appropriate to current topic lessons.

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Pupils should be taught to:

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- perform dances using a range of movement patterns
- take part in outdoor and adventurous activity challenges both individually and within a team
- compare their performances with previous ones and demonstrate improvement to achieve their personal best

Enhanced Subscriptions

Through our subscription with the Liverpool School Sport Partnership (LSSP), we receive access to a wide range of targeted physical education programmes throughout the academic year. These programmes are designed to support the physical development and wellbeing of specific groups of children across various year groups, depending on the focus of each initiative. The programs include:

1. the *Personal Safety Workshop – DADDR (Detect, Avoid, Defuse, Defend & Report)*.
2. *Balanceability Training* for EYFS and Year 1 pupils.
3. The *POWER Programme*.
4. *Outdoor and Adventurous Activity Programme* for Years 2 to 4.
5. Fundamental Movement Training Programme for EYFS.
6. Physical Activity Leaders (PALs) Training for selected Year 5 and/or Year 6 pupils.

These programs are delivered by LSSP PE Specialists and are designed to be inclusive, developmental, and aligned with the school's overall commitment to high-quality physical education and pupil wellbeing.

Assessment/Recording/Reporting

Assessment of children's progress in PE is a part of the teaching cycle. It takes place on two levels:

- **Informal**-Teacher assessment / Children evaluating their own and peers performances.

- Use of coaching staff/ outside agencies to enable teachers to make informed judgements about physical development outcomes.
- **Formal** – Through Parents evenings and the annual report in the summer term along with foundation subject assessment to fit new curriculum.
- PE Co-ordinator including photographs and video evidence in PE portfolio which is accessible on X with the handle @stoslivsport.

PE as a Cross-curricular Tool

Whilst retaining its unique contribution to a pupil's movement and education, physical education also has considerable potential to contribute to much wider areas of learning. It is considered important that physical education is integrated into the schools planning for the development of pupil's communication, literacy numeracy, PSHE, and ICT skills

P.E Kit

All children must change for P.E into school P.E. Kit. This consists of white PE top and black shorts. During the winter months children are allowed to wear tracksuit tops and bottoms for outside activities. **Teachers must be dressed appropriately to teach PE lessons.**

PLEASE NOTE: IF A CHILD DOES NOT HAVE THEIR KIT IN SCHOOL FOR PE, THEY WILL BE PROVIDED WITH A SCHOOL PE KIT FOR THE SESSION.

Swimming- A swimming cap must be worn by ALL children.

If children continually forget their PE Kit then a letter will be sent to the parents and PE coordinator informed.

No jewellery is to be worn at any time during the lessons.

Extra-Curricular

Break/Lunch Times

At St Oswald's Catholic Primary School we provide a range of Physical Education activities during lunch time and after school. Resources are accessible to staff and children on the school yard for lunch/break times. In Key Stage One and Key Stage Two, Play Leaders are responsible for promoting safety and encouraging physical activity across the school. These children will also have opportunities to work alongside the Play Leader Lead to learn a range of games and activities to engage children during these times.

After School Clubs

We encourage all pupils to take part in a range of clubs and involve them in deciding the clubs we offer. Clubs are focused to enable children to compete and are also used to prepare children for competitions. These clubs are open to any gender and all abilities.

Competitions

The school runs intra school competitions both within and outside of PE lesson as well as taking part in a range of inter school competitions run by the LSSP, West Derby Network, The LDSCA and The LSFA . Children are given the opportunity to compete in intra school competitions to earn a place in an inter school competition. Clubs are also used to help children prepare for competitions.

Staff Roles and Responsibilities

All teaching staff have a responsibility for their own CPD through identification of areas for development and attendance of courses and planned observations as agreed by the PE co-ordinator and head teacher. All staff have been directed to CPD opportunities available to all through the Get Set 4 PE website.

PE Co-Ordinator:

- To monitor and evaluate practice by being aware of current classroom practice and discussing needs and concerns with colleagues.
- To organise resources
- Supporting staff by demonstrating good practice and organising CPD opportunities for staff as needed

- To communicate the school policies by writing and reviewing curriculum policies, liaising with outside agencies to keep up to date with developments.

Health and Safety

Please refer to the schools health and safety policy and risk assessment file. Use of any external personnel including sports coaches and volunteers will be in line with the schools policy on CRB/staffing checks.

Review

Policy to be reviewed September 2026

Mr J. Cummings and Mrs C Dugdale