

'So in everything, do to others what you would have them do to you.' Matthew 7:12



Physical Education Policy

At St Mark's school we believe that a high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically demanding activities. Physical education should provide opportunities for pupils to become physically confident and support their health and fitness. We provide opportunities for pupils to compete in sport and other activities build character and embed values such as fairness and respect.

Aims and objectives:

- To develop a range of skills which can be performed with increasing control, co-ordination and fluency.
- To develop the ability to remember, repeat and refine actions.
- To develop an increasing ability to select, link, and apply skill, tactics and compositional ideas.
- To develop ability to follow rules.
- To develop and improve observation skills and the ability to make judgements on their own and others' work
- To develop the ability to use observations to improve performance.
- To develop an understanding of the effects of exercise on the body
- To promote a positive attitude towards exercise and sport and the benefits they can have as part of a healthy lifestyle.
- To develop the ability to work individually and as part of a group or team.
- To develop leadership skills
- To promote an understanding of safe practice and to develop a sense of responsibility towards their own and others' safety.
- Develop competence to excel in a broad range of physical activities
- Be physically active for sustained periods of time
- Engage in competitive sports and activities
- Lead healthy, active lives.

Physical education at our school is taught according to the statutory programmes of study for National Curriculum subjects.

Our curriculum is based on the new Lancashire Scheme of work. This broad curriculum focuses on skill development and basic tactics in KS1 and application of these in KS2.

We provide the following areas of experience as identified in the National Curriculum. These are

1. Athletics
2. Dance
3. Games
4. Gymnastics
5. Swimming (Y3, Y4, Y5, Y6) 45 minutes weekly Autumn Term and Spring Term
6. Outdoor and Adventurous PE

Children in all year groups take part in a minimum of two hours of physical education each week during which time the curriculum is delivered. Although each class teacher is responsible for teaching PE to their class, currently, as part of the PE Premium Government Initiative, we have bought into the West Lancashire Sport Partnership which provides qualified coaches to deliver curriculum PE to all year groups.

During the autumn and spring terms swimming is delivered weekly by qualified swimming teachers to pupils in year 3 to year 6.

Planning

The West Lancashire Sports Partnership delivers a rolling programme of physical education activities based on the Lancashire Scheme of Work for Physical Education, which is followed up by the teacher.

Alongside the development of skills within each area of experience, the children will also be taught to 'Evaluate and Improve' their performance, and develop an awareness of 'Health and Fitness', 'Safety and Good Practice'.

Differentiation

Our school recognises that not all children are the same and come to us with a variety of levels of physical ability and experiences. We also recognise that learning experiences should provide opportunities that allow all children to achieve success creating the motivation to make further progress. Therefore, lessons should be differentiated to cater for all children in a class. This can be done in a variety of ways:

Space - the space in which a game or activity is performed can be altered.

Technique - the skill that is being taught can be broken down into smaller steps for lower ability children and made more challenging for more able children.

Equipment - the size, weight, shape, type of equipment can be changed.

People - changing the size and organisation of groups, choosing suitable partners

Provision/SEN

Every child at our school is entitled to participate in physical education lessons regardless of age, gender, culture or ethnic background. Where special needs have been identified activities will be adapted to suit the individual's needs by the class teacher as part of a differentiated lesson. Teaching assistants may also provide extra support. Advice on SEN may be sought from the SENCO who is the Headteacher, Mrs Freeman

Assessment and Monitoring

Specialist sports coaches and teachers will informally assess pupils during PE lessons through observation and questioning. Lancashire County Council end of year expectations for each pupil will be completed and used to record progress. These will give an overall expectation of each child based on teacher judgements. The end of year report will inform parents/carers of pupil progress, strengths and areas to develop in Physical Education.

Talented pupils

Pupils will be identified as talented and placed on the Able, Gifted and Talented register. Such pupils will be encouraged to join in with extra-curricular clubs and clubs outside of school. Currently the West Lancashire Sports Partnership organise specialist sessions giving AGT pupils opportunities to extend their physical talents.

Attendance

Physical education is part of our curriculum and, as such, all pupils are expected to take part. Children who need to be excused from the lesson must have a note from a parent/carer explaining the reason for not taking part.

Extra-Curricular Activities

Our aim is to provide a varied programme of extra-curricular activities for our pupils. The West Lancashire Sport Partnership (sport coaches) delivers two different sporting activities during lunch times and after school each week.

Health and Safety

The safety of our children is of paramount importance. For specific guidance on safety during PE lessons reference can be made to the BAALPE publication 'Safe Practice in PE' which can be found on the shelf outside the staffroom.

Environment

The working environment must always be checked before proceeding. When engaged in PE a calm atmosphere should be promoted. Children are encouraged to behave in a responsible manner, showing consideration for other people and the equipment used.

Equipment

Equipment should be used for what it is designed for and not adapted for any other means. Children will be trained to move and store the equipment safely. The teacher is responsible for the final check before the equipment is used. Defects in the equipment should be reported to the PE Coordinator who will arrange for the repair. Following Lancashire County guidelines, gym equipment is checked annually by Crown Gymnastics.

Dress

As part of our aim to develop a positive attitude towards PE and sport, we ensure that children are dressed appropriately for lessons. We have a school PE kit which consists of:

- Yellow t-shirt
- Blue shorts

Children can wear a tracksuit for outdoor PE activities in cold weather if they so wish.

Swimming

Children are expected to wear a pair of trunks or a one-piece swimming costume for swimming. Long shorts and bikinis are not permitted. Children must also wear a swimming cap. Swimming caps are available to buy from the school office. Children are not permitted to wear earrings during swimming lessons as advised by Lancashire County Council.

Jewellery

When possible, earrings should be removed for PE lessons. Children who cannot take out earrings themselves must have them taped over for safety reasons. All other jewellery must be removed during PE lessons, however, where jewellery forms part of cultural/religious belief, then every effort must be made to ensure it is worn safely.

Reviewed January 2026