



# Subject Policy

## PE and Sport

**Reviewed by: Pen Hopkinson**

**Date: October 2025**

**Review Date: October 2027**

**INTENT:** At Debden Church of England Primary Academy, all of our curriculum disciplines are used to underpin our school vision, which is to ensure that the children in our care:

- Progress exceptionally well academically, across a broad and knowledge-rich curriculum;
- Develop into confident compassionate, well-rounded individuals, in a safe, caring, Christian environment;
- Become equipped with the learning skills needed to deal with future challenges;
- Create happy, positive memories of their childhood.

Debden Church of England Primary Academy recognises the vital contribution of Physical Education (PE) to a child's physical, cognitive, social and emotional development, as well as the role it can play in relation to a child's spiritual, moral and cultural development. We are committed to providing all children with opportunities to engage and enjoy fully in PE. The aim of our curriculum is to develop the children's basic physical competencies, build confidence in their own ability and build the foundations for a lifelong love of sport, physical activity and a healthy lifestyle. PE lessons encourage children to compete against themselves and others whilst being challenged to improve their physical, social, emotional and thinking skills. These skills are embedded in the heart of our planning.

Our teaching objectives align with the National Curriculum in that we aim to ensure 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 active, healthy life styles.

**IMPLEMENTATION:** PE is taught twice weekly- one indoor session and one outdoor session. A specialist teacher delivers one session a week for all classes across the school (including EYFS, KS1 and KS2). This is used as an opportunity to support staff's continual professional development in PE teaching.

Our skills maps and knowledge organisers ensure physical, social, emotional and thinking skills are progressive and challenging across the whole school. As a base for teachers planning, the Get Set 4 PE schemes of work and lesson plans are used to underpin unit structure however staff have the flexibility to adjust these schemes in order to best meet the interests and needs of their class or competitive calendar. PE sessions are engaging and challenging, inclusive of all children and their needs.

Opportunities to celebrate the children's learning and talents in PE are scattered throughout the academic year.

These include sports days, intra-house competitions and sports themed days to experience sports they may not usually experience. At Debden, we believe it is important to celebrate the children's success in PE and instil a healthy competitive environment. Through USSP all children are able to participate in tournaments, competitions and other sports related activities such as Teddy Bear Runs, Scooter Training and Inclusion Activities.

### EYFS

Physical Development is a prime area in the EYFS, and subsequently we encourage the physical development of our children as an integral part of their learning. We use the guidance set out for Early Years Foundation Stage as a basis for planning the physical development of the children, focussing on the skills in the Early Learning Goals. We encourage the children to develop confidence and control of the way they move, and the way they handle tools and equipment. We give all children the opportunity to undertake activities that offer appropriate physical challenge, both indoors and outdoors, using a wide range of resources to support specific skills.

### Swimming

At Debden Church of England Primary Academy, we begin swimming provision at Lord Butler Leisure Centre in Key Stage 1. This provision is continued into Years 3 and 4. We aim for all children to leave our school with the ability to swim 25m unaided. Therefore, we use resources and funding to support children in Years 5 and 6 to ensure this standard is met.

### Safety

In order to minimise the risk of injury:

- Children should dress in shorts/ tracksuit bottoms and t-shirts.
- Children will work in bare feet for all indoor and apparatus work.
- Plimsolls or trainers are worn for outdoor games, together with tracksuits if cold.
- Jewellery is not to be worn. Earrings must be taken out. Newly pierced ears will not be able to participate in PE lessons.
- Long hair should be tied back and rigid headbands should be removed.
- Children will be trained to lift and carry apparatus sensibly into position under adult supervision, which will be checked by a teacher before use.
- Teachers may physically guide children during lessons in order to develop their skills. E.g. correcting a child's position during a gymnastics lesson. This will be done in an appropriate way under supervision from another adult and with consent from the child.

### Risk Assessments

Risk assessments should be carried out on any facilities that are used for sporting activities outside of the school grounds. Annual safety checks, servicing and essential repairs are carried out on gymnastic equipment or large apparatus and staff should check when it is being taken out for use in lessons. If a potential hazard is identified it is immediately taken out of use and reported to Mrs Hopkinson (PE lead).

### Safeguarding

All adults working with children in school will be DBS checked.

### Extra sporting opportunities

Varied extra-curricular activities (both competitive and non-competitive) compliment and supplement the range of activities covered in curriculum time. A range of interschool fixtures, tournaments and festivals will be participated in across the school. Upper KS2 children have the opportunity to support with extra-curricular activities as young sports leaders. Each year a group of year 5/6 children are trained through young sports leader training programme. They plan, organise and run both competitive and non-competitive sporting activities across the school. Additionally, they support with play opportunities during break and lunch times. This involves organising playground games for the younger children and monitoring playground equipment.

**IMPACT:** At Debden Church of England Primary Academy, we ensure that our PE curriculum is progressive and allows children to develop fundamental skills and apply them to a variety of sports and activities. All children are provided with the skills and given opportunities to demonstrate improvement to achieve their personal best. Our children are physically active and this has positive implications on their learning in the classroom. Children understand how to lead a healthy lifestyle and understand the importance of exercise. All children understand the values and importance of fair play and being a good sportsperson. At the end of each term, children are assessed against the skills map taught during that unit of learning. This assessment is completed through observation of a child's physical, social, emotional and thinking skills. Our self-evaluation through 'School Games Mark' allow us to monitor PE across the school. We are able to monitor participation in extra- curricular activities, competition participation, young sports leaders etc. We hope children enjoy PE and develop a love of sport, and physical activity, that they pursue outside of school and in future life outside of primary school.