

HOMEFIELD PRIMARY SCHOOL & SSC

Aiming high together



(PHYSICAL EDUCATION)

Reviewer: Tim Quick

Review Date: May 2026

Reviewed & Approved by C&L Committee:

Next Update: June 2027

Homefield Primary School & SSC

Physical Education Policy

1. Vision:

At Homefield Primary School, PE plays a very important role in the development of our children. Through an enriched PE curriculum, a broad and wide range of after-school sport clubs and a varied competition and festival programme, we aim to encourage a lifetime love of sport which inspires all children to maintain an active and healthy lifestyle and to reach their potential. High quality and inclusive PE, sport and physical activity leads to improved fitness, health and well-being, concentration, attitude and academic achievement. We understand that each child comes from very different starting points and experience levels so we see success as individuals making progress from their own starting point.

At Homefield, through our key values of Resilience, Creativity, Responsibility, Respect, and Belonging we aim to nurture in our children the best possible start in life.

2. Curricular Aims

- Promote physical activity and promote healthy and active lifestyles.
- Encourage pupils to be physically active for sustained periods of time.
- Pupils engage in competitive sports and activities.
- Develop the competence to excel in a broad range of physical activities.
- Develop positive attitudes to health, fitness and physical activity.
- To ensure safe practice.

3. Curriculum Content

EYFS:

- **Physical Development:** Focus on developing coordination, control, and movement through activities such as running, jumping, climbing, and ball skills.
- **Manipulative Skills:** Children will learn to throw, catch, kick, and balance using a variety of apparatus and resources.
- **Exploring Movement:** Emphasis on moving in different ways (e.g., crawling, skipping, hopping) and in different environments (e.g., outdoors, indoors).

KS1:

- **Fundamental Movement Skills:** Children will learn to run, jump, throw, and catch with improved control and coordination.

- **Gymnastics and Dance:** Introduce simple routines, exploring balance, shapes, and sequences.
- **Games:** Teach basic rules and tactics for simple games like tag rugby, football, and basketball.
- **Health and Fitness:** Introduce the importance of staying active and healthy through age-appropriate discussions on the body and exercise.

KS2:

- **Advanced Movement Skills:** Develop skills like dribbling, passing, and shooting in more complex games.
- **Sports:** Exposure to a wide range of sports, including but not limited to football, netball, athletics, swimming, tag-rugby, and tennis.
- **Gymnastics and Dance:** Developing more complex routines, exploring balance, shapes, and sequences.
- **Teamwork and Leadership:** Encourage teamwork, communication, and leadership skills in competitive and non-competitive settings.
- **Health Education:** Understanding the benefits of physical activity for overall health and well-being. Introduce discussions on nutrition, fitness, and the importance of lifelong physical activity. Lifesaving (water-based) and first aid are also touched upon.
- **Outdoor Education:** Activities like orienteering, outdoor games, and team-building exercises.

Swimming

All pupils in Year 5 will participate in swimming sessions in the and Summer Term. Lessons are delivered at Splashpoint Leisure Centre pool by qualified swimming teachers. Swimming assessment is based on whether a child can swim 25 metres with confidence and independently based on the National Curriculum requirements – those that meet the criteria will no longer attend sessions but attend appropriate sessions towards the end of the programme of swimming. Other skills and techniques will be assessed through observations by the swimming instructors.

4. Teaching and Learning

- The vast majority of the planning is following the plans from PrimaryPePlanning – there are some units which are Homefield specific and are planned by the PE leader.
- PE lessons are taught by both class teachers and specialised PE teachers and coaches, ensuring expertise and consistency across all year groups.
- Lessons are planned to be engaging, diverse, and suited to the developmental stage of the children.
- The PE curriculum will be delivered through a combination of structured lessons, games, and outdoor play.

- In EYFS, learning is focused on experiential and play-based activities, while in KS1 and KS2, the focus is on more structured lessons, with opportunities for both individual and team activities.
- Each class has an average of two hours of PE per week and are taught by their class teachers and a PE teacher from Reception onwards.
- **Non-participation**

PE is a compulsory subject as outlined in the National Curriculum and requires all children to participate fully in Physical Education lessons. Children can only be excused from the physical aspects of PE if they bring a signed note / email from their parent/carer stating either physical illness or injury that prevents their participation. (If teachers doubt the validity of the note, then they should contact the parent/carer and not insist that the child participates until this has been done). Those not physically able to take part will be given a role within the lesson such as official, timekeeper, analyser, scorer etc.

5. Assessment and Monitoring

- **EYFS:** Children's progress is observed during activities, and assessments are based on their ability to move confidently and competently, showing control and coordination in physical tasks.
- **KS1 & KS2:** Assessment is ongoing throughout the year and includes observation of skill development, participation, teamwork, and sportsmanship. Teachers will track progress against national curriculum expectations for PE.
- **End of Year Reports:** Each child will receive feedback on their progress in PE, including their physical development, skills, participation, and attitude toward physical activity.

6. Inclusion and Equal Opportunities

- Every child, regardless of their ability or background, will have access to a broad and balanced PE curriculum.
- Adaptations and differentiated teaching will be made to support children with special educational needs or disabilities (SEND).
- We actively promote gender equality in sports and encourage all children to participate in a variety of physical activities.
- In line with our school values, we foster an environment of respect, inclusion, and fairness in all PE lessons.

7. Extracurricular Activities

- We offer a wide range of extracurricular sports clubs, such as football, gymnastics, athletics, and dance, to further develop children's skills and passion for physical activity. These are delivered by members of the Homefield team as well as outside agencies. These are available for all children from EYFS to Y6.

- We encourage participation in both competitive sports and non-competitive festivals, both within school and in local inter-school competitions working closely with WSSA, Sussex Cricket, Sussex FA, etc. The school strives to include as many different pupils as possible for these events.
- The school has a system for tracking school representation and club participation and actively tries to target those who have not already taken part.

8. Health and Safety

- Pupils must wear suitable PE kit: T-shirt, shorts or jogging bottoms, and appropriate footwear.
- Jewellery must be removed; long hair should be tied back.
- Equipment will be checked regularly for safety and maintained properly – large equipment to be inspected annually for safety by Universal Servies or equivalent.
- All small equipment to have a visual inspection before use.
- Playing areas must be visually inspected before each session.
- Activities will be dynamically risk assessed prior to lessons and events.
- Staff will follow school and national guidance on **safe practice in PE** (e.g., AfPE guidance).
- First aid kits will be available, and staff trained in basic first aid will be present.
- Activity Specific Routines and Teaching Expectations:
 - Athletics – Throwing – all throwing activities follow the same routine be it howler, shot putt. Direction of throw is indicated to pupils, there will be a throwing line and a safety line. Pupils wait ready at the throwing line throw on command, then wait until told to collect. Pupils walk to their piece of equipment pick it up and walk it back (never throwing it) to the throw line where the next person takes their turn.
 - Hurdles – should have feet facing the pupils so if the hurdle falls it falls flat.
 - Gymnastics – pupils should be taught how to move equipment safely and which pieces of equipment they can / cannot move.

9. Professional Development

- Staff will regularly participate in CPD (Continuing Professional Development) to keep up to date with the latest developments in PE teaching practices and to improve the quality of PE delivery across the school.
- External experts may be brought in to support teacher training or deliver specific sports lessons.

10. Accident Procedure

In the event of an accident the class will be settled and then help will be sent for as soon as possible. There are trained first aiders in each area of the school; they will then follow set procedures for specific injuries.

11. Sports Premium Funding

For information about how the school spends the Sports Premium Funding, please see the PE subject folder or the school website.

12. Worthing Schools Sports Association (WSSA)

The school offers opportunities for activities in partnership with WSSA, an external organisation which we subscribe to. This means that the school has had access to the following:

- Training and CPD for teachers and other staff
- A full competition calendar which progresses through to the School Games
- Non-competitive Sport Festivals and Multi-Sport opportunities
- Opportunities for the school's PE Leader to meet with other Area PE Leaders to share and develop good practice
- Links with the community and local/county and regional organisations
- General advice re PE/school sport
- Increased 'targeted' work with sport and physical activity (Higher Ability, Inclusion, health, non-participants etc.)