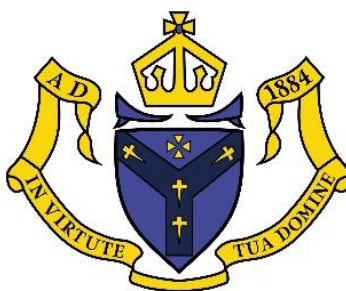


Sissinghurst Church of England VA Primary



Our School Vision

Let Your Light Shine – Matthew 5:16

At Sissinghurst Church of England Primary School in partnership with the Church, parents, and wider community, we offer an inclusive learning environment to nurture potential that enables all to be successful. Vibrant, rich curricular opportunities equip everyone with knowledge and skills to question, discuss and challenge.

Everyone's talents are discovered and celebrated. We foster spiritual growth and reflection to find wonder and joy in the World together. As light bearers, our shared responsibility is to encourage each other to be compassionate and kind so we can all shine with integrity, humility and wisdom. We find courage to act when we know there is darkness, illuminating the World with God's light and hope.

We are dedicated to providing an education of the highest quality within the context of Christian belief and practice. Our Christian values of:
Kindness Forgiveness Courage Service

Policy Title:	PE Policy
Date:	March 2026
Review Date:	March 2029
Reviewed by:	A Kidd
Approved by:	FGB

Introduction

At Sissinghurst Primary School, we work hard to promote a positive school environment by encouraging children to eat healthily and participate in a wide range of challenging activities. As well as teaching the children a variety of different sports and skills, we promote the physiological aspects of exercise and healthy living and eating. We ensure that our school values are embedded through our teaching of sportsmanship.

Aims

Teachers and sports coaches at Sissinghurst Primary School provide a Physical Education curriculum which supports the school's overall aims and which develop the knowledge, skills, attitudes and beliefs that enable pupils to respond to the physical challenges of every day life.

In line with the National Curriculum for Physical Education, we aim to ensure that all children will leave Sissinghurst Primary School being able to:

- 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
- have the confidence and ability to identify, examine and respond to problems using a variety of skills
- develop self-confidence through understanding the capabilities and limitations of oneself and others
- respect the ways in which people of different cultural backgrounds, both at present and in the past, have used their skills in physical activities
- express their ideas in dance forms
- develop an appreciation of the concepts of fair play, honest competition, good sporting behaviour and good sporting attitudes
- use their previous learning and experience to assist the satisfactory response to new challenges
- understand of the importance of exercise in maintaining a healthy life
- develop physical mobility and flexibility.

The Curriculum

Breadth and Balance

P.E is taught as a basis for lifelong learning, where the children have access to a wide range of activities in the belief that if taught well and the children are allowed to succeed, then they will continue to have a physically active life when they leave Sissinghurst Primary School. P.E. is taught as an area of learning in its own right, as well as integrated where possible with other curriculum areas. Children receive at least one hour of PE with their teacher and this may include a second lesson or daily planned physical activity such as the daily mile.

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. The Get Set for PE scheme is used to sequence the learning and provide a strong basis for teachers to follow. Children experience a range of opportunities to work individually, in pairs or in groups over time.

Lesson Structure:

- At the beginning of each lesson, the teacher explains the intention of the lesson and informs as to how the children can be successful in achieving the lesson aims.
- Lessons commence with an introduction/warm up to prepare children physically for exercise.
- There is direct teaching of skills and subsequent skills practice by the children, under the supervision of the teacher.
- Children are then provided opportunity to independently and cooperatively practice the skills, in context (such as a game or another related area of PE).
- There may then be a celebration and sharing of individual achievements and a concluding / 'cool down' activity' to prepare children to return to a normal-state both physically and mentally.
- Finally, lessons end with a closure discussion linking directly back to the intention and success criteria shared at the beginning. This is an opportunity for children to reflect on their learning and progress.

The attainment target for physical education provides a framework for progression in Physical Education and this is built into the scheme of work. When planning specific activities, teachers will build upon the past experiences and achievements of individual pupils. They will plan for progress in the difficulty and quality of a pupil's performance by providing a variety of opportunities and ensuring all lessons are adapted and fully inclusive for all learners.

Pupils who are unable to participate in their physical education lesson in a practical situation need to provide a letter from home stating the reason for their non-participation. This needs to be noted by the teacher and an alternative method of involving the pupil in the lesson should be used. Long term non-participation needs to be confirmed by the home and possibly a medical certificate. Regular non-participation needs to be monitored and recorded.

EYFS

Physical development in the Foundation Stage involves providing opportunities for young children to be active and interactive; and to develop their co-ordination, control, and movement. Children are also helped to understand the importance of physical activity, and to make healthy choices in relation to food.

Key Stage 1

During Key Stage 1, 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 build on their natural enthusiasm for movement, using it to explore and learn about their world. They start to work and play with other pupils in pairs and small groups. By watching, listening and experimenting, they develop their skills in movement and coordination, and enjoy expressing and testing themselves in a variety of situations.

At Sissinghurst Primary School, our Key Stage 1 pupils are 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.
- 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.
- the importance of being active and to identify what is happening to their body when exercising

Key Stage 2

During Key Stage 2, 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. Swimming will take place for all children in Year 4.

At Sissinghurst Primary School, our Key Stage 2 pupils are 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.
- the effects of exercise, long and short term.
- explain in detail why and how our body changes through exercise
- use taught skills to develop and evaluate their learning and learning journey

Swimming and water safety:

- swim competently, confidently and proficiently over a distance of at least 25 metres
- use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
- perform safe self-rescue in different water-based situations.

Organisation

Pupils are expected to wear appropriate clothing for each activity. This includes:

- Black shorts
- House colour T-shirt
- Trainers for outside
- Plimsolls (KS1 only)
- White socks
- Bare feet recommended when PE is in the hall
- Football boots and shin pads
- Long socks
- Suitable swimwear (with cap for long hair) – Y4 only
- A jumper and jogging bottoms or tracksuit is strongly advised in the colder weather.

Extra-curricular activities and parental involvement

Pupils have access to a range of extra-curricular activities including football, running, hockey, multisports, cricket and netball. These are organised after school or at lunchtimes and are supervised by staff. Matches/races/events are arranged against other schools and generally take place after school or during part of the afternoon.

Pupils will be encouraged to take part in community sporting activities provided by other organisations and to make use of local facilities. Information from approved local clubs and providers will be distributed to the relevant age outside school hours and during holidays and activities organised during weekend and holiday times will be encouraged. Parents are encouraged to help with transporting children to sporting fixtures.

HEALTH AND SAFETY

Health and Safety awareness plays an integral part of children's learning in PE. For example, all children are taught how to carry mats and put out equipment in gymnastics lessons. Children are alerted to health and safety issues during lessons as and when a need arises to include this aspect.

For all lessons, teachers will carry out a risk assessment on the condition of the ground and make a decision as to what suitable clothing and footwear will be worn. All clothing and footwear should be suitable for the activity and teachers should check this regularly. Children are to remove all jewellery, watches (including FitBits) and hair bands before commencing a physical activity of any sort. All classes are to use the schools hall(s) for indoor activities, and the playground / field for outdoor activities.

Children who forget their kit can use any spare clothes in the class teacher's clothes store. If this is not possible, then children participate by assessing their peers, noting good practice and those who are working well.

Long hair should be tied back, and earrings removed. It is not permitted for children to participate in games or PE with earrings in. No other jewellery should be worn in PE lessons.

Children should work in bare feet when participating in gymnastics and dance lessons unless there is a specific reason why this is not possible. When outside, children should wear plimsolls (KS1 only) or in KS2 football boots on the grass, and trainers on the playground. In better weather, trainers can be worn on the field as well as the playgrounds. Shin pads need to be worn with long socks for football and rugby.

Assessment

Teachers frequently assess children's progress by

- Observing children at work, individually, in pairs, in a group
- Discussing with children before and after working

Special Educational Needs

Our SEN policy applies to all subject areas and should be read alongside the following information.

- Teaching is organised to enable all pupils to access the highest quality learning opportunities in P.E
- All children are provided with appropriately challenging learning opportunities to develop their skills and achieve excellent outcomes. This may involve:
 - a) having different groupings, e.g. ability groups, individual activities.
 - b) using different equipment for different levels of ability, e.g. small or large ball for catching.
 - c) giving different group/individual tasks and different allocations of time.