



## Dallimore Primary & Nursery School

### Physical Education Policy

#### Vision

Our vision for Physical Education is that we allow all pupils the chance to be ambitious, engaging, develop and refine movement skills, whilst supporting their own health and fitness. It is inclusive curriculum with all pupils whatever their abilities, it gives them the chance to experiment, practise, make decisions and perform. It provides pupils the opportunities to also be creative and competitive and be involved in different challenges as individuals or in groups and teams.

We believe that physical activity is vital to the development of the individual. It contributes to the pupil's physical, emotional, motivational, knowledge and understanding as well as social development. We aim to promote British values and our Thrive approach. We strive to nurture confidence and build up resilience in all children.

The school also recognises that PE has a vital role to play in raising the awareness and developing good practise to promote positive attitudes towards healthy, active lifestyles. All pupils have up to two hours of PE timetabled each week to cover the six main areas of the National Curriculum which are dance, gymnastics, invasion games, swimming, athletics, and outdoor and adventurous activities. Swimming is offered for children in KS2 in Years 4 and 6.

Alongside the PE Curriculum the children can participate in numerous lunchtimes and after school sports clubs including running club, multi skills, bike club, balance bikes, golf, football, rounders, netball, dance, cricket, basketball, physical literacy, padel and tennis. The clubs are offered at different times throughout the school year.

Children in Nursery, Reception and KS1 develop the fundamental skills which include aiming, throwing, balance, co-ordination, control, and movement.

In KS2 children can use these fundamental skills to develop their knowledge and understanding of invasion games such as football, basketball, netball, tag rugby and hockey. These skills are also transferable to striking and fielding games such as cricket and rounders, together with net games such as tennis and volleyball.

## Aims and purposes

P.E. offers opportunities for pupils to:

- Provide a well - balanced programme of physical education which will include games, gymnastics and dance (also outdoor activities and swimming)
- Develop competence to excel in a broad range of physical activities, a well-balanced programme.
- Children are physically active for sustained periods of time.
- Develop personal qualities such as self-esteem, decision making and self - control.
- Develop communication skills through PE vocabulary which is found on the progression pyramid.
- Lead healthy active lives.
- Engage in competitive sports and activities both in and out of school, to help develop values and positive attitudes such as team spirit, co-operation and respect for rules and others

At Dallimore Primary School we are inclusive and we ensure that every child receives an equal opportunity within all the PE activities, regardless of race, ability or Special Educational Needs. Any child who is identified as having 'special needs' are given the relevant help and support required.

We encourage and empower those less active children to take part and enjoy physical activities within school and out of school events

Pupils who are gifted and talented must have adequate opportunities and these should be noted in the planning where appropriate. These pupils will be given the opportunity to attend an external club arranged through the School Sport Partnership.

As a school Dallimore Primary and Nursery School encourage participation as a whole school community in supporting physically active experiences.

We make sure that we uphold and promote the Olympic and Paralympic values. Developing an awareness of national sporting events taking place.

We make sure that physical education is fun and enjoyable, creating healthy habits for a lifetime.

## The Curriculum

Dallimore Primary School is working towards providing pupils with at least 2 hours of quality PE in school sport, through the curriculum, extra - curricular opportunities and lunchtime activities.

Teachers use GetSet4PE scheme of work, which is used alongside the National Curriculum guidelines.

We use GetSet4PE resources to support planning and the teaching of PE. Teachers should follow lesson plans with key objectives and assessment criteria.

The Foundation stage follow Early Years Foundation Stage framework (EYFS).

All lessons should follow the same guidelines and should consist of a retrieval starter, recap from the previous PE lessons, warm up/intro skill development and application followed by lesson plenary and summary.

Classes undertake one term of fundamental skills, invasion games, dance, games, gymnastics, athletic/striking and striking and fielding. The curriculum areas are delivered throughout the academic years.

The school offers a wide variety of enrichment days during the school year; this can include a visit from Erewash Valley gymnastics club to deliver some sessions or Ilkeston Rugby club delivering an assembly and Erewash Valley Athletics club.

All teachers are offered support when needed and CPD can be arranged if teachers feel they need to enhance their teaching.

Planning is monitored and lesson observations are carried out by the PE co-ordinator.

In KS2 the children are also given the opportunity to attend and follow the LEA syllabus for swimming.

The PE co-ordinator must plan for inter - competitions, this could take form in a running, dance competition or game, football tournaments and sports day. On sports day we promote team spirit which enables children to participate whatever their ability. The PE co-ordinator will also arrange to attend competitions out of school (School Sport Partnership which enables children to compete and take part against other schools at athletics, rounders, football, netball, Kwik cricket, tag rugby, swimming and long distance running then this may often result in the school having links to other clubs that pupils may be interested in attending.)

The PE Lead also seeks to gain accreditation, via the School Sports Games and Modeshift Stars.

Teachers should be aware of their pupil's hydration and if necessary, provide a water break especially during hot summer sessions.

Pupils are given the opportunity to take part in the Mini Leaders scheme of work, which is used on the playground, breaktimes and lunchtimes.

Physical activity is also promoted through 'Change for Life', Sainsbury's School Games, Sports Relief, Walk to School Week, Great School Run, Soccer Aid, Race for life, The Big Pedal, National Fitness Day and Active Travel Initiatives.

## Role of the Subject Leader

The role of the PE Lead is to provide professional leadership and management for the subject to secure high-quality teaching, effective use of resources and high standards of learning and achievement for all pupils. They will achieve this by affecting the following areas:

- Strategic direction and development.
- Learning and teaching.
- Leading and managing staff.
- Efficient and effective deployment of coaches, staff and resources.
- The Subject Leader has regular discussions with the Head teacher and other senior leaders about learning and teaching in PE and provides an annual summary report about their work as Subject Leader and an evaluation of the strengths and areas for development for the subject.
- During the academic year the Subject Leader has specific allocated time for subject self-evaluation activities and curriculum time.

## Resources

All teaching staff have their specific login for GetSet4PE which gives them the access to all lessons and resources within the scheme.

It is the PE leads role to make regular audits of all the equipment and resources. Any lost or damaged equipment must be reported to the PE lead. It is then up to the PE lead to replace through consultation with the school business manager.

The resources are monitored regularly by the PE co-ordinator. It is the responsibility of all members of staff to return PE equipment after use and to keep the PE areas tidy. Children should not have access to the PE store without an accompanying adult.

It is the responsibility of lunchtime supervisors to regular monitor the lunchtime resource bags/trolley's and keep the PE lead updated of anything that may need to be replaced.

The school hall is used for a range of PE activities, the playground, muggers and field are also used for PE weather permitting.

Swimming takes place on a weekly basis at Victoria Park Leisure Centre for Year groups 4 and 6.

## Safety

Class teachers and teaching assistants are responsible for the safety of their own pupils during the PE lessons.

All staff should also ensure that:

- The correct PE kit is worn.

- PE kit should include pumps or trainers, navy, black shorts, tracksuit bottoms, leggings white t- shirt and navy or black hoody/sweatshirt.
- All jewellery must be removed.
- Earrings must be removed or taped over during PE.
- Hair should also be tied back.
- All equipment used during PE is safe and must have an annual check, by DCC.
- Pupils should always be made aware of safety during PE especially whilst using the equipment.
- No child should be left unattended when using PE equipment.
- All accidents should be logged.
- Staff will be made aware of fire procedures.
- When pupils attend an event out of school a risk assessment must be undertaken (Derbyshire Evolve) and parents notified.

### Accident Procedure

In the event of an accident the class will be settled, 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.

### Non-participation PE

PE is a compulsory subject as outlined in the National Curriculum and requires all children to participate fully in lessons. Children can only be excused from the physical aspects of PE if they inform their class teacher or the school office.

### School Sports Day

School sports day takes place annually and consists of all the children taking part in a range of sporting activities. This is a competitive event, children are allocated a team colour, this then follows the children through school

### Celebrating Achievements

The children are informed of their progress by verbal praise and certificates. We also celebrate the children's achievements during assemblies and by displaying photographs and reports on the PE display board. Social media plays a big part to promote children's achievements in PE.

### Sports Premium Funding

Dallimore Primary and Nursery School use the funding to make additional and sustainable improvements to the quality of PE and sport that we offer. The funding is used exclusively to develop or add to the PE and sporting activities that we already offer to the children.

Make improvements that will benefit pupils joining the school in future years.

As it is a legal requirement the school has an overview of the spending and impact displayed on our school website so that our parents are aware of how the PE funding is allocated.

### Policy Monitoring & Review

The Head teacher and PE Subject Leader will monitor the effectiveness of this policy on a regular basis. The Head teacher and PE Subject Leader will report to the governing body on the effectiveness of the policy at least bi-annually and, if necessary, make recommendations for further improvements. This is a working document and as such will be reviewed as and when needed.

The PE policy will be reviewed as per the rolling school improvement plan.

Reviewed - February 2026

Review date - February 2029