

Waddington and West Bradford Primary School

Physical Education (PE) Policy- Updated September 2026



Aims of our PE Curriculum

At Waddington and West Bradford Primary School, we recognise the important role Physical Education plays within the curriculum and are committed to providing all children with opportunities to engage fully in high-quality physical education, physical activity, sport and outdoor learning.

The aim of our PE programme is to develop children's physical competence, build confidence in their abilities and provide the foundations for a lifelong enjoyment of sport, physical activity and healthy living. PE lessons encourage children to compete against themselves and others whilst developing their physical, social, emotional and thinking skills. These skills are embedded throughout our curriculum and contribute to the development of the whole child.

Our objectives in the teaching of PE align with the National Curriculum and aim to ensure that all pupils:

- 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 healthy, active lives.

Teaching and Learning

Our PE lessons are planned using the **Get Set 4** PE platform, which aligns with our school values, our whole-child approach to Physical Education and the objectives laid out in the National Curriculum. Get Set 4 PE provides a clear progression of skills and knowledge, ensuring that children are increasingly challenged as they move through the school.

The curriculum planning in PE is carried out in three phases: long-term, medium-term and short-term planning.

The long-term plan maps out the PE activities covered across each year group throughout the academic year. The PE Subject Leader works alongside teaching colleagues to create a broad, balanced and engaging curriculum that meets the needs of all pupils.

Medium-term plans provide details of each unit of work and include learning objectives, assessment opportunities and curriculum links.

Short-term lesson plans provide opportunities for children of all abilities to develop their skills, knowledge and understanding across a wide range of physical activities.

Physical Education at Waddington and West Bradford Primary School

Each class receives **two separate one-hour PE lessons every week**, ensuring all pupils have regular opportunities to develop physical competence, confidence, fitness and enjoyment of physical activity.

To enhance our outdoor and adventurous learning provision, every class from **Year 1 to Year 6** participates in **Forest School activities for one half term each year during one of their allocated PE sessions**. Forest School provides valuable opportunities to develop physical coordination, resilience, teamwork, problem solving skills and an appreciation of the natural environment.

Where appropriate, class teachers are supported by teaching assistants who provide:

- Individual support for pupils with additional needs.
- Small-group support and intervention.
- Additional challenge and extension opportunities for gifted and talented pupils.

Active 60 Commitment

At Waddington and West Bradford Primary School, we are committed to supporting pupils to achieve the Government recommendation of **60 active minutes per day**.

We strive to achieve this through:

- Two hours of timetabled PE each week.
- At least **10 minutes of moderate to vigorous active learning and movement breaks within lessons each day**.
- Participation in the **Daily Mile**, which is highly valued by staff and pupils, with classes aiming to participate at least **three times per week**.
- A **20-minute morning playtime**.
- A **45-50 minute lunchtime play period** every day.
- Physical activity sessions delivered by **TAG Sports three times each week**.
- Zoned playground areas which encourage active play, ball games and physical challenges.
- Access to the school's running track in all weather conditions.

- Encouraging children to bring a change of footwear during wet weather so that outdoor activity can continue throughout the year.

By embedding physical activity across the school day, we aim to improve children's physical health, mental wellbeing, concentration, resilience and readiness to learn.

Enrichment and Community Links

We believe that providing a wide range of sporting experiences helps inspire children to remain physically active both during their time at school and beyond.

We subscribe to the **Hyndburn and Ribble Valley School Sports Partnership (SSP)**, which provides:

- A calendar of **School Games Events**, offering non-competitive opportunities for participation.
- A programme of **Core Events**, providing competitive sporting opportunities.
- Access to specialist coaching, training and professional development.
- Opportunities for pupils to engage with local schools and the wider sporting community.

We aim to ensure that **all children have opportunities to participate in both intra-school and inter-school sporting events** throughout the academic year.

The school also enriches PE through strong partnerships with parents, local clubs, community groups and specialist providers. Examples include:

- Crown Green Bowling coaching.
- Yoga sessions.
- Use of local facilities for Padel.
- Workshops and lessons delivered by specialist dance teachers.
- Participation in local festivals and sporting events.

We are proud to be a **Park Run School** and actively promote participation in local Park Run events as part of our commitment to developing lifelong healthy habits. Many of our staff, pupils and families regularly attend weekly Park Run events within the local community.

Children's Park Run milestones and achievements are celebrated through our **School Sports Display Board** and during our weekly **Celebration Assemblies**. We also celebrate a wide range of sporting achievements both in and out of school, helping to inspire participation, perseverance and a positive attitude towards physical activity and sport.

Through these experiences, partnerships and community connections, we aim to inspire children to develop a lifelong enjoyment of physical activity, recognise personal achievement and understand the value of leading healthy, active lives. Sports Day, festivals, competitions, Park Run participation

and wider sporting achievements are celebrated across the school community, fostering pride, inclusion and a positive sporting culture.

EYFS

We encourage the physical development of children in Reception as an integral part of their learning. Physical Development is one of the prime areas of learning within the Early Years Foundation Stage curriculum.

Children are encouraged to develop confidence, coordination, balance and control through a wide range of indoor and outdoor activities. Opportunities are provided for pupils to develop both gross and fine motor skills through structured teaching, continuous provision and child-initiated learning.

Our outdoor environments provide regular opportunities for active learning and physical challenge, helping children to establish positive attitudes towards physical activity from an early age.

Assessment

Teachers assess children's learning in PE through ongoing observations, questioning and assessment against National Curriculum objectives using the Get Set 4 PE assessment tools.

We have clear expectations of what pupils should know, understand and be able to do at each stage of their learning journey. Assessment information is used to:

- Monitor progress.
- Identify children who require additional support or challenge.
- Inform future planning.
- Ensure progression across year groups and key stages.

Teachers are supported through the Get Set 4 PE progression documents, progression ladders and knowledge organisers to ensure children are well prepared for the next stage of their education.

Monitoring and Reviewing

The planning and coordination of PE is the responsibility of the PE Subject Leader, who:

- Supports colleagues in their teaching and provides strategic direction for the subject.
- Monitors standards and provision across the school.

- Reviews planning and assessment information.
- Evaluates strengths and areas for development through staff and pupil voice.
- Observes lessons and reviews evidence of learning.
- Promotes participation, competition and healthy lifestyles throughout the school.

The quality of teaching and learning in PE is monitored and evaluated by the PE Subject Leader and overseen by the Senior Leadership Team.

Health and Safety

We recognise that participation in PE and physical activity contains an element of risk. Staff are responsible for ensuring they follow safe practice procedures and reduce risk to the minimum possible level.

Staff are aware of pupils with additional educational, physical and medical needs and make appropriate provision where necessary.

Staff know the safe practices involved in moving and using apparatus. Equipment is checked regularly, maintained appropriately and stored safely at the end of lessons.

Correct use of equipment is taught alongside an understanding of potential hazards. Risk assessments are completed as appropriate for PE lessons, Forest School activities, sporting events, educational visits and the use of school facilities and equipment.

Pupils are taught to consider both their own safety and the safety of others at all times.

Staff delivering PE lessons are expected to wear appropriate clothing and footwear in order to model safe practice.

PE Kit

At Waddington and West Bradford Primary School, we believe that wearing appropriate clothing for physical activity supports safe participation, promotes a sense of belonging and helps children develop positive attitudes towards PE and sport.

All children are expected to wear the school PE kit for PE lessons, sporting events and physical activity opportunities where appropriate.

Required PE Kit

Children should wear:

- A plain, round-neck T-shirt in the colour of their assigned Rainbow Team.
- Plain navy shorts.
- Plain navy leggings or jogging bottoms.
- A plain navy sweatshirt or plain navy zip-up sweatshirt.
- Trainers suitable for physical activity.

Expectations

- All items should be clearly labelled with the child's name.
- Long hair must be tied back during PE lessons.
- Jewellery should be removed before participating in PE activities.
- Children who wear earrings should remove them independently where possible before PE lessons or cover them with plasters if they are unable to remove them.
- Trainers should be suitable for running and physical activity and provide adequate support.
- During colder weather, children may wear plain navy jogging bottoms and a plain navy sweatshirt or plain navy zip-up sweatshirt for outdoor activities.
- Pupils are encouraged to bring a change of footwear during wet weather, particularly as they continue to access outdoor spaces and the school running track throughout the

Equality and Inclusion

Waddington and West Bradford Primary School is committed to ensuring that all pupils have equal access to high-quality PE and school sport opportunities regardless of gender, ethnicity, religion, disability, special educational needs or background.

Through appropriate adaptation, support and challenge, all pupils are encouraged to participate, achieve success and develop a positive relationship with physical activity.

Policy Review

Reviewed: September 2026

Next Review Date: September 2027

PE Subject Leader: Heather Hartley

Approved by the Governing Body of Waddington and West Bradford Primary School.