

PHOENIX PRIMARY SCHOOL

PHYSICAL EDUCATION POLICY 2024/25

1.1 OVERVIEW

A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

1.2 AIMS/OBJECTIVES

The national curriculum for physical education aims 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.

1.3 AIMS OF PHOENIX PRIMARY PE CURRICULUM:

At Phoenix Primary School we aim for the consistent delivery of high quality PE lessons which are exciting, challenging and enjoyable and provide many varied learning opportunities for all children.

We aim to:

- ✓ Develop knowledge, skills and understanding across a broad range of sporting activities.
- ✓ Engage in moderate to intense physical activity over sustained periods of time.
- ✓ Participate in competitive sports and activities.
- ✓ Lead healthy and active lives, picking up positive habits for their future lives.
- ✓ To compete in games and activities in a collaborative team.
- ✓ To promote safe practice in all sports and activities.
- ✓ To use sport to build pupils self-confidence and self-esteem.
- ✓ To encourage involvement in extra-curricular sporting activities and develop community and club links
- ✓ Increase participation in competitive sports both in and out of School.
- ✓ To develop Staff competence and confidence in the delivery of high quality PE outcomes

1.4 NATIONAL CURRICULUM

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 should be 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.

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.

Pupils should be 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.

1.5 ACTIVITIES TAUGHT AT PHOENIX PRIMARY

- Dance
- Gymnastics
- Fundamental Movement Skills
- Games (Softball, Bench Ball, Cricket, Basketball, Lacrosse, Table Tennis, Bench Ball, Hockey, Tennis, Rounders)
- Outdoor and Adventurous Activities – also covered during the Kingswood Colomendy residential trip and through the use of The Outdoor Classroom app.
- Athletics
- Health Related Fitness
- Pupil attendance and achievement in sporting competitions
- Attendance at after school sports clubs

When external providers are used to deliver physical activity, the PE Lead will observe to ensure that high quality lessons are delivered.

1.6 PE INTENT, IMPLEMENTATION AND IMPACT

1.6.1 INTENT

At Phoenix Primary School, Physical Education (PE) is an integral part of our Curriculum that is inclusive and engages all pupils, in a supportive and challenging environment. We aspire for children to acquire,

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develop and refine their practical skills and techniques; to further their knowledge and understanding of PE concepts and principles and develop their overall competence and to enjoy a broad range of sports and physical activities.

We aim to deliver high-quality teaching and learning opportunities which enable all children to succeed; to enjoy their learning; to be resilient and consistently strive to give their best efforts at all times and achieve their potential and personal best.

Children participate in competitive sport and through this we teach children how to cooperate and collaborate effectively as part of a team and compete appropriately against others, adhering to the principles of fairness, sportsmanship and respect- values we hope to embed for future life.

We understand the importance PE, School Sport and Physical Activity has on children's general health, fitness and mental wellbeing. We provide opportunities for all children to be physically active for sustained periods of time and we teach children the importance of leading healthy, active lives and making informed and appropriate lifestyle choices.

Swimming and Water Safety are important life skills and we aspire for all children to leave primary school being able to swim at least 25 metres using a range of strokes competently.

1.6.2 IMPLEMENTATION

PE at Phoenix Primary School provides challenging and enjoyable learning through a range of sports and physical activities. These include Invasion Games, Net & Wall Games, Striking and Fielding Games, Gymnastics, Dance, Outdoor & Adventure Activities and Swimming and Water Safety.

Children participate in two PE lesson each week, covering two different sporting activities every half term. For one whole term, one of those designated two lessons will be a Swimming and Water Safety lesson at The Liverpool Aquatic Centre, Liverpool.

Throughout all Stages of School we use a Scheme of Learning in PE called "Complete PE", to ensure planning, content and delivery is age appropriate. This scheme ensures lessons are continuous and progressive, year on year, to consolidate and build on prior learning.

The PE Curriculum Overview for each academic school year is shown on Complete PE and sets out the PE Units/Activities which are to be taught each half term throughout the entire year and ensures that the full requirements of the PE National Curriculum are met.

We assess children each half term using the assessment tool contained within Complete PE, which tracks progress throughout the year in the four strands of PE curriculum, those being – Physical, Cognitive, Social and Well-being.

The emphasis of our PE curriculum is inclusion for all children regardless of sporting ability. We provide suitable learning opportunities for all children, including those with SEND.

We aim to promote both participation and competition through our P.E and sport curriculum. We ensure all children experience competition at some level, individually or in a team, within lessons.

We have a House system throughout School and all children are allocated a House which they remain in through their primary journey. At our annual Sports Day children can win points for their House, determined by what position they come in any particular race.

Children in KS1, KS2 and SEND children in our Enhanced Provision Unit also have opportunities through the academic year to participate in the local Liverpool School Sports Partnership Inter School sports competitions which take place across at Secondary Schools across the city.

Children also benefit throughout the year from participation in and experience of, enrichment activities, such as PE workshops and whole school PE activities and events, sourced by School and delivered by Outside Providers. Some of the activities children have experienced Skip2bfit, Archery, Box2bfit, Skate Boarding and Judo. These provide all children with an opportunity to experience new activities, learn new skills, improve their fitness and to try something new.

We offer a two-night Residential OAA experience for children in Years 6 each year.

1.6.3 IMPACT

At Phoenix Primary School, we ensure that our PE curriculum is inclusive and progressive and allows all children the opportunity to acquire and develop fundamental knowledge, understanding, skills and techniques and apply these to a wide variety of different sports and activities. PE lessons are fun, enjoyable and challenging and all children can achieve, to the best of their ability, in a supportive, safe and stimulating environment. Our pupils are physically active, and this has a positive impact on their learning in the classroom. Children understand how to lead a healthy lifestyle and understand the importance of regular exercise and activity for their physical and mental wellbeing. We aspire for all children to enjoy PE and develop a love of sport and physical activity, which hopefully becomes part of their future life outside of Primary School. Children have opportunities to participate in sport after school and can also represent the school at sporting events from local to county level.

In PE, we also measure impact by:

- Pupil Voice
- PE Premium spend analysis
- Photographic and video records (SEESAW) of children's practical work

1.7 MONITORING & EVALUATION IN PE

The PE Lead Teacher, or a member of SLT with responsibility for Monitoring, is responsible for the overall monitoring of the quality of PE and Physical Activity provision at phoenix Primary School.

We monitor PE in the curriculum through teacher feedback, subject reviews and self-evaluation, in order to provide an accurate perspective on how PE is being delivered and how it can be further improved.

Physical Education is monitored and evaluated through:

- Lesson observations
- Monitoring of lesson planning
- Monitoring of equipment
- Pupils Assessment data
- Feedback from staff
- Children's questionnaires
- Pupil records of participation, focusing on different groups
- Feedback from pupils/school council about PE and general physical activity
- Pupil attendance and achievement in LSSP sporting competitions
- Attendance at after school sports clubs

When external providers are used to deliver physical activity, the PE Lead will observe to ensure that high quality lessons are delivered.

1.8 RESPONSIBILITY FOR PE

The Head Teacher, with the assistance of the PE Lead Teacher, has overall responsibility for everything relating to PE, Physical Activity and the development, monitoring and review of the provision of PE and Physical Activity.

The PE Lead will consult with the Head Teacher on PE matters and provision and the Head Teacher will oversee all things relating to PE at Phoenix Primary School.

Staff who teach or support in PE should be aware of this Policy and consider how they can support it and Teaching staff who provide PE and physical activity, should ensure that safe and effective procedures are adopted in all physical activities, at all times.

1.9 CURRICULUM

Activities taught at Phoenix Primary follow PE National Curriculum Guidelines and expectations and are taught through the PE Scheme of Learning, that being, Complete PE. This Scheme ensures that skills, knowledge and understanding are continuous and progressive, year on year. Children undertake:

- Dance
- Gymnastics
- Fundamental Movement Skills
- Games (Softball, Bench Ball, Cricket, Basketball, Lacrosse, Table Tennis, Bench Ball, Hockey, Rounders)
- Outdoor and Adventurous Activities – also covered during the residential trip (the school site has been mapped for Orienteering)
- Athletics
- Health Related Fitness

1.10 ASSESSMENT & RECORDING

Assessment is carried out by Class Teachers and follows the assessment policy, guidance and instructions prescribed in the PE Scheme of Learning, Complete PE. Children are assessed in all activities undertaken, against pre-determined outcomes and are identified as either as either Emerging, Developing, Secure or Exceeding, Age Related Expectations, as per the Assessment criteria for the curriculum areas covered. Swimming and Water Safety is assessed by swimming instructors at Liverpool Aquatic Centre. The PE Lead is responsible for publishing Year 6 Swimming data on the School Website, as part of the Sports Premium Spend document.

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- Monitoring of lesson planning
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- Pupils Assessment data
- Feedback from staff
- Children's pupil voice questionnaires
- Pupil records of participation, focusing on different groups
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- Attendance at after school sports clubs

When external providers are used to deliver physical activity, the PE Lead will observe to ensure that high quality lessons are being delivered.

1.12 HEALTH & SAFETY

We recognise that participation in PE and Physical Activities contains an element of risk. Staff are responsible for ensuring that they are familiar with Risk Assessments and safe practice, to reduce the element of risk to the absolute minimum within their control. Staff:

- are aware of pupils who have SEN with regards to physical activity and make special provision for needs where appropriate e.g. physical disability, asthma
- know about the safe practices involved in moving and using apparatus
- ensure pupils wear appropriate clothing, remove jewellery and tie back long hair. If the removal of jewellery or studs is not possible they should be securely taped and the teacher is confident this strategy is effective. Our School provides a PE kit comprising of shorts and a t-shirt for all children and does not discriminate based on gender, race, disability, sexual orientation or belief. Trainers and black pumps are not provided.
- ensure pupils are instructed remove shoes when participating in gymnastics,
- should use the appropriate equipment for the age and stage of the learners
- should complete a risk assessment for each area/ space that PE and school sport takes place in
- ensure equipment and apparatus is put away and stored safely at the end of each lesson.
- should teach pupils to consider their own safety and that of others at all times.
- Ensure school shoes are not permitted to be worn for PE

Staff teaching or attending PE should wear the PE kit provided by School and also consider their own and their pupils' safety with regard to their own additional personal clothing, footwear and jewellery, when involved in the teaching of any sporting activity.

We undertake an annual Risk Assessment area in school where PE is taught and check equipment, including PE equipment (PE Lead), as necessary. Risk Assessments are in place for all off-site school sporting trips, along with the requirement to complete and submit all intended visits on the Evolve School Visits system. All School sporting trips and visits must have first been submitted to the EVC and Head Teacher for approval before a sports related visit can go ahead.

1.13 PE & SCHOOL SPORTS PREMIUM FUNDING

The PE and School Sports Premium funding is used in a number of different ways to support and develop PE and School Sport at Phoenix Primary School. A spend breakdown of the funding allocation (which is subject to change), can be viewed on the School website.

1.14 PARTICIPATION IN PE

We aim for full participation in every PE lesson and aim to do this by:

- Providing PE kit (shorts and t-shirt) for all children
- A wide range of appropriate resources and teaching strategies are used to actively engage pupils in participating in lessons.
- taking into consideration the range of pupils' needs to ensure continuity and progression in learning is provided and PE lessons will be suitably differentiated in order to support and challenge pupils.
- ensuring that pupils of all abilities are able to access the PE curriculum by providing alternative or different resources to develop new skills and ensure a positive relationship with physical activity from an early age.
- Ensuring pupils who are unable to participate in a PE lesson change into their PE kit in order to purposefully adopt other roles in the lesson, such as observing, giving feedback, video recording, evaluating, coaching, umpiring and refereeing. Students should also change into suitable footwear. Parental notes, excusing children from PE, should be written, signed and handed to Class Teachers if children are not able to participate in PE, due to illness or any short or long term injury or medical/health reason.

1.15 PE CLOTHING

We ask that all pupils change for PE and wear the PE kit provided by School that includes:

- Yellow t-shirt (long sleeve tops are permitted to be worn underneath and encouraged during winter months)
- Black shorts (leggings underneath are permitted)
- Trainers or black PE pumps
- School shoes are not permitted to be worn

Phoenix Primary red school jumpers can be worn on top of the PE t-shirt.

We will always endeavour to provide spare kit for pupils who cannot access their own designated school PE kit, to ensure that children do not miss PE lessons.

1.16 PE FACILITIES

On-site school PE facilities include:

- School Hall – climbing frames, gymnastics mats, balance benches, box, springboards.
- Playground(KS1 and KS2 separate playgrounds) – to be used during the day for play times, lunch times and PE, both in and out of school hours
- MUGA (enclosed shared public area) is used for break/lunchtime and curriculum activities
- Liverpool Aquatic Centre for all swimming lessons

1.17 PE OUTSIDE THE CURRICULUM

In addition to timetabled PE, there are a range of opportunities for physical activity throughout the school day at break and lunch time. Children have access to sports and games equipment and we have

designated, trained, Sports Leaders in Year 5 and 6, who organise playground activities throughout the week.

1.18 EXTERNAL PROVIDERS

To increase opportunities and inspire children to be active, we regularly source Outside Providers to deliver sports and physical activities which would not normally be covered in school curriculum time. Some activities delivered so far have been Box2bfit, Skip2bfit, Archery, Skateboarding, Balance Bikes, Orienteering and Kinball. All visitors are expected to work within the framework of this policy.

All visitors/coaches who attend School are expected to have an up to date CRB/DBS and provide this, along with photographic I.D (passport/driving licence), on arrival for their session. Documentation should be checked by Admin. Staff, prior to entry.

This policy should be made available to visitors if reasonably practicable.

1.19 EXTRA CURRICULAR ACTIVITIES

A small number of after school Sports Clubs are available to pupils which are provided, free of charge, by school staff. These clubs complement the curriculum and support the interests of pupils. Pupils also take part in a range of inter-school sports competitions/festivals, through our School's membership of The Liverpool School Sports Partnership(LSSP).

1.20 SPORTS DAY

We hold an annual Sports Day, in July, for all children. We have a range of competitive activities and races for children to compete in, with our focus being enjoyment, personal success and sportsmanship.

1.21 NON-PARTICIPATION

All children are expected to take part in all PE lessons. Children who regularly fail to have the correct equipment for PE will be appropriately reminded by the Class Teacher, in the first instance. If issues persist, contact should be made with Parents/Carers, and if issues continue staff should refer to the PE Lead and/or the Head Teacher.

1.22 EQUAL OPPORTUNITIES, SEND & INCLUSION

We comply with the Equality Act 2010 and are proactive in ensuring that all pupils, including those with SEN needs or disabilities, are provided with a comprehensive programme of physical activity. For pupils with disabilities, or health conditions, we endeavour to adapt activities to suit their specific, individual needs, where possible. Where appropriate, this may mean providing specialised equipment, differentiating activities, offering a parallel or separate activity, with a Support Assistant or 1 to 1 staff member, or setting a challenge appropriate to the skill level possessed.

A high-quality PE curriculum enables all pupils to enjoy and succeed in many kinds of physical activity.

In order to provide equal opportunities for pupils with SEN and/or disabilities and for those children to gain full access to the Primary PE Curriculum, in PE we will:

- set suitable learning challenges
- endeavour to respond to pupils' diverse learning needs, and
- overcome potential barriers to learning and assessment for particular individuals and groups of pupils.
- modify activities within the curriculum accordingly, to remove barriers, so all pupils can strive to meet the same objectives.

In some activities, pupils with SEN and/or disabilities will be able to take part in the same way as their peers. In others, some modifications or adjustments will need to be made to include everyone.

To overcome potential barriers to learning in physical education, some pupils may require:

- adapted, modified or alternative activities that offer an equivalent degree of challenge to the activities in the programmes of study and that enable the pupils to make progress
- specific support they need to take part in certain activities or types of movement, and
- careful management of their physical regime to allow for their specific medical conditions.

Assessment in PE will take into account a range of factors in the context of the activity undertaken.

1.23 HEALTH/MENTAL WELLBEING

The aim of teaching children about physical health and mental wellbeing is to give them the information that they need to make good decisions about their own health and wellbeing. Physical health and mental wellbeing are interlinked, and we teach pupils to understand that good physical health contributes to good mental wellbeing, and vice versa.

At Phoenix Primary, in PE lessons, we teach the characteristics of good physical health and mental wellbeing. Pupils are taught about the benefits and importance of physical activity, exercise, diet and nutrition and how this can impact on their overall health and wellbeing. Children learn about the changes that can occur to their bodies, as a result of physical activity, and how being active can impact positively on their mental health and wellbeing. We go by the mantra - "healthy body. Healthy mind".

1.24 THRIVE

Phoenix Primary School is a Thrive School, PE, sport, physical activity and exercise fit perfectly with the Thrive Approach. Thrive provides educators with the theory, strategies and activities to deliver creative, fun and play-based activities that best support social and emotional development. At Phoenix Primary, PE provides an abundance of social and emotional developmental opportunities for children when they work, play and compete in pairs, small groups and teams; when observing their own, and others' skills, techniques and performances or when working with a partner to share ideas and compose a sequence in Dance or Gymnastics. There are opportunities self- evaluation, reflection, for discussion, sharing ideas, leading and being led, observing and feeding back, learning about etiquette, being supportive, learning about fair play and sportsmanship and learning how to cope with the emotions of winning and losing.

The PE Lead, in conjunction with the Class Teacher, can help a Class achieve the Class Thrive Target in PE lessons and provide opportunities for individual children, through pair or group work, explore and achieve their Individual Thrive target.

1.25 EAL

Children who have English as an additional language, are expected to take part in PE. Due to the nature of PE, where access cannot be gained through understanding of the spoken word, children will be encouraged to observe, or copy and repeat, either their peers or the Class Teacher. Pictures of skills, actions and techniques will also be used to provide a visual stimulus for EAL children, in order that they gain an insight as to what is required in the lesson. The Class Teacher may also use other strategies to allow EAL children to access lesson content.

1.26 HOME LEARNING

In the event that School requires to close to pupils during Term Time, the Subject Lead will ensure:

- all children in Yrs 1-6 have a skipping rope (supplied by School) in order that activity can be undertaken at home
- details are shared with Parents/children where links can be found to exercise videos that children can join in with at home.

1.27 STAFF TRAINING, SUPPORT & CPD

We ensure relevant staff can access high quality professional development on PE and physical activity, to keep them updated on key related issues and ensure they are confident to teach the full breadth of the PE curriculum. We participate in training, CPD and educational initiatives/projects run by the LA and other organisations.

1.28 DISSEMINATION OF THE POLICY

All staff should have access to this Policy and it should be available to parents and carers and pupils via the school website. Parents and carers and pupils new to the school may be given a summary on request and there is a copy in the school reception area. The full policy is available to parents and carers and pupils on request.

Approved by Governors:

Name: _____ Signed: _____

Date: _____

To be reviewed: September 2025