



Ormskirk West End

Primary School

From Tiny Acorns, Mighty Oaks Grow.

Community Primary ages 4-11

PE Policy

Approved: July 2026

Next Review Date: July 2027

Physical Education (PE) Policy

Ormskirk West End Primary School

Subject Leader: Charlotte O'Toole

Review Cycle: Annually

Next Review: July 2027

Vision and Rationale

At Ormskirk West End Primary School, we believe that high-quality physical education is an essential part of every child's education. PE is about much more than participation in sport. It develops physical competence, confidence, resilience, teamwork, creativity, determination, and an understanding of how physical activity contributes to a healthy and fulfilling life.

Our ambition is for every child to develop the skills, knowledge, confidence, and motivation needed to enjoy being physically active both during their time at school and throughout their lives.

We aim to create a culture in which physical activity, sport, and healthy lifestyles are valued and celebrated. Through curriculum PE, swimming, competition, clubs, active play, and wider sporting opportunities, pupils are encouraged to challenge themselves, experience success, and recognise the importance of personal improvement.

We recognise that children have different starting points, strengths, interests and needs. Our PE provision is therefore inclusive and ambitious for all. We do not expect every child to become a competitive athlete; we want every child to become physically confident and to discover forms of physical activity that they enjoy and can sustain.

Intent

At Ormskirk West End, our PE curriculum aims to:

- develop competent and confident movers;
- develop fundamental movement skills including running, jumping, throwing, catching, balance, agility and coordination;
- provide pupils with a broad range of physical and sporting experiences;
- develop progressively more complex skills, techniques and tactics;
- enable children to apply their learning in individual, cooperative and competitive situations;
- develop physical fitness, stamina, strength, flexibility and control;
- develop resilience, perseverance, teamwork, communication and leadership;
- teach children to evaluate their own performance and recognise how they can improve;
- provide opportunities for children to compete and perform;
- develop confidence and competence in swimming and water safety;
- ensure that all children, including those with SEND and other additional needs, can participate meaningfully and experience success;
- promote an understanding of the relationship between physical activity, health and wellbeing;
- encourage children to become increasingly responsible for their own health and physical activity;
- Inspire enjoyment of physical activity and establish the foundations for lifelong participation.

Through PE, we want pupils to learn how to win with humility, respond positively to disappointment, work collaboratively, challenge themselves and strive towards their personal best.

Implementation

Curriculum Organisation

All pupils are entitled to a broad, balanced and progressive programme of physical education.

Pupils receive **two hours of high-quality PE each week**.

Our curriculum is delivered through a partnership approach:

- **One weekly PE lesson is delivered through our SHARES sports partnership provision**, providing pupils with access to specialist sports coaching and high-quality physical education;
- **One weekly PE lesson is delivered by school teaching staff using Get Set 4 PE**, providing a progressive and structured curriculum across the school.

This combined approach enables pupils to benefit from specialist expertise while ensuring that PE remains an integral part of the school's curriculum and teaching provision.

Teachers and specialist coaches work collaboratively to provide continuity, progression and appropriate challenge.

Get Set 4 PE

Get Set 4 PE provides teachers with progressive units of work that support the systematic development of knowledge and skills.

Lessons build upon previous learning and provide opportunities for pupils to practise, apply and refine skills across different physical contexts.

The scheme supports teachers with clear learning objectives, progressive activities, assessment opportunities and adaptations so that pupils with different starting points can participate and progress.

Teachers use professional judgement to adapt lessons according to the needs of their class rather than treating the scheme as a fixed programme.

SHARES Sports Partnership

Our partnership with SHARES provides specialist PE teaching and contributes significantly to the school's wider sporting provision.

Specialist coaches deliver one PE lesson each week, providing pupils with high-quality instruction and opportunities to experience a range of sports and physical activities.

Working alongside specialist coaches also contributes to staff professional development by allowing teachers to observe effective practice and develop their own confidence, subject knowledge and pedagogical understanding.

Through SHARES, pupils also have access to a wider programme of sporting competitions and opportunities beyond the school curriculum.

Curriculum Content

Early Years Foundation Stage

Physical development is fundamental to children's learning and development in EYFS.

Children are provided with frequent opportunities to be active and interactive and to develop their movement, coordination, balance, spatial awareness and physical confidence.

Planned physical development sessions are complemented by opportunities for physical activity within continuous provision and outdoor learning.

Provision supports children in working towards the relevant Early Learning Goals while establishing positive attitudes towards movement and physical activity.

Key Stage 1

In Key Stage 1, pupils develop fundamental movement skills and become increasingly competent and confident.

Children are taught to:

- master basic movements, including running, jumping, throwing and catching;
- develop balance, agility and coordination;
- apply fundamental movement skills within different activities;
- participate in team games;
- develop simple tactics for attacking and defending;
- perform dances using simple movement patterns;
- Cooperate and compete appropriately with others.

Pupils are provided with increasingly challenging opportunities to apply their skills individually, collaboratively and competitively.

Key Stage 2

In Key Stage 2, pupils continue to develop and apply a broader range of physical skills.

They learn to combine skills, make decisions, develop tactics and evaluate their own and others' performance.

Pupils are taught to:

- use running, jumping, throwing and catching both in isolation and combination;
- participate in competitive games and apply principles of attacking and defending;
- develop flexibility, strength, technique, control and balance;
- perform dances using increasingly sophisticated movement patterns;
- participate in outdoor and adventurous activities;
- collaborate and communicate effectively;
- compare performances and identify areas for improvement;
- work towards achieving their personal best.

Children experience a broad range of sports and physical activities during their time at Ormskirk West End.

Swimming and Water Safety

Swimming is a particularly important part of our PE provision.

At Ormskirk West End, **children from Years 3 to 6 receive weekly swimming lessons.**

This sustained approach provides pupils with regular opportunities to develop and retain swimming skills, build confidence in the water and learn essential water-safety skills.

In accordance with National Curriculum expectations, pupils are taught to:

- swim competently, confidently and proficiently over a distance of at least 25 metres;
- Use a range of strokes effectively, including front crawl, backstroke and breaststroke;
- Perform safe self-rescue in different water-based situations.

Progress is monitored so that provision can respond appropriately to pupils who require additional support.

Swimming also provides opportunities for pupils to represent Ormskirk West End competitively, including through swimming galas.

Inclusion and Equal Opportunities

PE at Ormskirk West End is for **every child**.

All pupils have equal access to the curriculum, physical education and opportunities for physical activity.

We recognise that pupils have different physical abilities, experiences, confidence levels and additional needs. Teaching is therefore adapted to enable all pupils to participate, progress and experience success.

This includes pupils with:

- special educational needs and/or disabilities;
- English as an additional language;
- physical or medical needs;
- differing levels of previous sporting experience;
- greater levels of sporting ability or expertise.

Where appropriate, staff adapt provision using the **STEP principle**:

Space – changing the size or organisation of the activity area.

Task – adapting the activity, rules or level of challenge.

Equipment – changing the size, type, weight or amount of equipment.

People – adapting groupings, roles, levels of support or opposition.

Additional adult support, adapted equipment, alternative roles and appropriate groupings may also be used.

Our participation in inclusive sporting events and competitions further supports our commitment to ensuring that pupils with different starting points can experience representing their school.

Competition

Competition is an important element of our PE provision.

Children are provided with opportunities to compete against themselves and others through lessons, intra-school activities and inter-school competitions.

Ormskirk West End participates in a range of sporting events, including opportunities within swimming, athletics, tennis, multi-skills and other individual and team sports.

We believe competition teaches children valuable skills, including:

- perseverance;

- preparation;
- teamwork;
- communication;
- resilience;
- respect;
- managing success and disappointment;
- performing under pressure.

Competitive success is celebrated alongside **personal improvement and personal bests**.

We aim to provide competitive opportunities for a broad range of pupils rather than competition being limited to those who are already highly skilled in sport.

Physical Activity Beyond PE Lessons

Our commitment to physical activity extends beyond curriculum PE.

Children are offered a range of **free extracurricular sporting opportunities**, including lunchtime and after-school activities.

Clubs provide opportunities for pupils to:

- practise and develop existing skills;
- experience new activities;
- develop confidence;
- prepare for competition;
- socialise and cooperate with others;
- increase their overall levels of physical activity.

Opportunities are reviewed to provide variety and respond to pupils' needs and interests.

Where possible, links are also developed with external clubs and organisations to provide pathways for pupils who wish to continue activities outside school.

Active School Environment

We want physical activity to form part of everyday life at Ormskirk West End.

Our school environment provides pupils with opportunities to be physically active outside formal PE lessons.

Provision includes:

- designated football and netball areas;
- an outdoor gym;
- a trim trail;
- playground activities;
- sporting clubs and activities.

Children are encouraged to use these opportunities appropriately to develop fitness, balance, coordination, strength and confidence.

Dance and Performance

Our curriculum recognises the importance of creative physical activity alongside games and traditional sports.

Dance enables children to develop coordination, rhythm, creativity, confidence and physical expression.

Pupils also have opportunities to perform beyond normal PE lessons, including participation in the annual **Dance Fever showcase** at a local high school.

These experiences allow pupils to perform for an audience and celebrate physical creativity and achievement.

Developing Sporting Expertise

We value opportunities to draw upon specialist knowledge both within and outside school.

Alongside our specialist SHARES coaches, the school benefits from staff expertise, including a **qualified cricket coach**.

This allows children to benefit from specialist knowledge and provides further opportunities to develop sporting skills and understanding.

Children also experience opportunities beyond school through sporting events and competitions, including annual tennis competitions in Liverpool.

Assessment

Assessment in PE is ongoing and formative.

Teachers and specialist coaches assess pupils through:

- observation;
- questioning and discussion;
- performance during activities;
- application of skills;
- pupils' ability to evaluate and improve;
- participation within individual and collaborative tasks.

Assessment focuses on what pupils know, understand and can do rather than solely on natural sporting ability.

Teachers and coaches communicate where appropriate to support continuity between provision.

Assessment information is used to identify pupils who may require additional support or challenge and to inform future teaching.

Personal Development Through PE

PE makes an important contribution to pupils' wider personal development.

Through PE and sport, children learn to:

- cooperate with others;
- communicate effectively;
- follow rules;
- demonstrate fairness and respect;
- take responsibility;
- lead and support others;
- manage emotions;
- respond appropriately to success and disappointment;
- persevere when something is difficult;
- recognise their own progress.

These qualities contribute to children's development as confident, responsible and resilient members of the school community.

PE and Sport Premium

The school uses the Primary PE and Sport Premium to make additional and sustainable improvements to the quality of PE, sport and physical activity.

Funding is used strategically to:

- enhance curriculum provision;
- provide additional opportunities for pupils;
- increase participation;
- support staff professional development;
- improve resources and provision;
- provide competitive opportunities;
- reduce barriers to participation;
- Develop sustainable improvements to PE and sport.

The PE Subject Leader monitors provision, participation and impact.

Details of sports premium expenditure and its impact are published separately on the school website in accordance with statutory requirements.

Staff Development

We recognise that staff confidence and subject knowledge are central to sustainable, high-quality PE provision.

Staff have opportunities to develop their knowledge and practice through:

- working alongside specialist sports coaches;
- Get Set 4 PE planning and resources;
- internal support from the PE Subject Leader;
- relevant professional development;
- observing effective practice;
- accessing specialist expertise where appropriate.

The PE subject leader identifies areas where further training or support may be required.

Health and Safety

The safety and wellbeing of pupils are paramount during PE.

Staff are responsible for ensuring that:

- activities are appropriate for the age and ability of pupils;
- Teaching areas are checked before use;
- Equipment is checked and used appropriately;
- Pupils are taught how to use and move equipment safely;
- Appropriate supervision is maintained;
- Relevant medical information is considered when planning participation.
- pupils understand expectations for safe behaviour.

Any damaged or unsafe equipment should be removed from use and reported to the PE Subject Leader.

Accidents are recorded and managed in accordance with the school's health and safety and first aid procedures.

PE Clothing and Jewellery

Children are expected to wear the school's agreed PE kit.

Long hair should be tied back and jewellery should be removed in accordance with school health and safety procedures.

Staff should model appropriate clothing and footwear when teaching PE.

Swimming clothing and equipment should be appropriate for safe participation in swimming lessons.

Parental and Community Engagement

We recognise the important role families and the wider community play in encouraging children to develop active lifestyles.

Parents and carers are encouraged to support pupils through:

- encouraging participation in extracurricular activities;
- supporting attendance at competitions and sporting events;
- celebrating children's effort and improvement;
- encouraging active lifestyles outside school;
- accessing opportunities available through local sporting organisations.

Where appropriate, the school promotes links with local clubs and community organisations so that pupils can continue developing interests discovered through school PE.

Monitoring and Evaluation

The PE subject leader is responsible for monitoring the quality and impact of PE across the school.

Monitoring may include:

- lesson observations and learning walks;
- pupil voice;
- staff voice;
- assessment information;
- curriculum and planning reviews;
- monitoring participation in clubs and competitions;
- monitoring inclusion and access;
- reviewing resources;
- discussions with specialist coaches;
- evaluation of sports premium expenditure and impact.

Findings are used to identify strengths and areas for further development and to inform the PE action plan.

This policy will be reviewed as part of the school's regular monitoring cycle and updated when there are significant changes to statutory guidance or school provision.

Impact

The impact of our PE curriculum is demonstrated through pupils who progressively develop their physical skills, knowledge, confidence and understanding.

By the time children leave Ormskirk West End, we want them to be:

Physically confident – able to participate confidently in a broad range of activities.

Competent movers – with secure fundamental movement skills and the ability to apply them in different contexts.

Resilient and determined – prepared to practise, persevere and respond positively when something is difficult.

Effective team members – able to communicate, cooperate and show respect for others.

Comfortable with competition – understanding how to compete fairly and respond appropriately to both success and disappointment.

Confident in the water – developing the swimming ability and water-safety knowledge needed for life.

Reflective learners – able to recognise their strengths, evaluate performance and understand how to improve.

Health-aware – understanding the importance of physical activity for physical health and wellbeing.

Motivated to remain active – having experienced a range of activities and developed positive attitudes towards exercise and sport.

Ultimately, our aim is for children to leave Ormskirk West End understanding that **physical activity is not simply something they do during PE lessons; it is an important part of a healthy, active and fulfilling life.**

C.O'Toole

Subject Leader

Review Date: July 227
