



Physical Education Policy

September 2026

Our Mission Statement

"To go further than we thought
To run faster than we hoped
To reach higher than we dreamed
To become the best we are able to be."

Introduction:

At Helmshore Primary we believe that physical education, experienced in a safe and supportive environment, is vital and unique in its contribution to a pupil's physical and emotional development and health. The physical education curriculum aims to provide for pupils' increasing self confidence through an ability to manage themselves successfully in a variety of situations.

A balance of individual, team, co-operative activities aims to cater for individual pupil's needs and abilities. We follow the Lancashire Materials (on the PE Passport App) which is based on progressive learning objectives which, combined with varied and flexible teaching styles, endeavour to provide appropriate, stimulating, challenging and enjoyable learning situations for all pupils. The materials aim to promote an understanding of the many benefits of exercise, through a balanced range of relevant activities. Physical education is considered as a vehicle to facilitate access to cross-curricular themes, skills and dimensions, rather than a subject concerned exclusively with the acquisition of motor skills and techniques.

Aims:

The child will be offered the opportunity to

- become a skilful and intelligent performer; by developing the ability to remember, repeat and refine actions and perform them with increasing control, co-ordination and fluency
- acquire and develop skills, performing with an increasing physical competence and confidence in a range of physical activities and contexts;

- learn how to select and apply skills, tactics and compositional ideas to suit activities;
- develop ideas creatively;
- set targets, compete against others, both individually and as a team member;
- understand what it takes to persevere, succeed and acknowledge the success of others;
- respond to a variety of challenges;
- take the initiative, lead activity and improve aspects of own performance;
- discover own aptitudes and preferences;
- develop a positive attitude to participation in physical activity.
- further develop skills by joining sports clubs which have links with the school.
- develop an understanding of the effects of exercise on the body, and an appreciation of the value of safe exercising.
- develop the ability to work as a team player, taking the lead and learning to work collaboratively with others.
- promote an understanding of safe practice, and develop a sense of responsibility towards their own and others' safety and well-being.

PE Programme

A balanced programme for Reception to Year 6, to include the 6 activities:-

Gymnastic activities, athletic activities, dance, games, outdoor and adventurous activities and swimming when appropriate.

Planning in half termly units, following the Lancashire Scheme of work.

Foundation Stage - 1 focused session per week of approx 60 minutes each in addition to outdoor play provision.

Key Stage 1 - 2 lessons per week - (1 hall, 1 outdoor)
60 minutes per lesson approx

Key Stage 2 - 2 lessons per week (1 hall, 1 outdoor)
60 minutes per lesson approx

Equal Opportunities

Children irrespective of ability, age, faith, gender, sexual orientation, race or disability are given full access to the PE curriculum in accordance with recent regulations. We promote British values set out by the Government's 2011

Prevent Strategy. Values of: democracy, the rule of law, individual liberty, mutual respect and tolerance of those of different faiths and beliefs.

Special Needs

Teachers should ensure a safe environment for the children.

Any child with special educational needs will participate, as far as possible according to his/her abilities, in close consultation with updated records, the special needs co-ordinator, the parents/guardians, and any special needs personnel.

Gifted and Talented

Children who are particularly talented in PE are identified and noted on the gifted and talented register. They are then given as much opportunity as possible to extend their skills through extra-curricular activities.

Curriculum Delivery

The class teacher will generally be responsible for physical education provision for the class in addition to the special arrangements for swimming.

Assessment

The children will be assessed on all aspects of the National Curriculum PE that have been covered by their class teacher when relevant, with particular reference to the end of year expectations and the core tasks set out in the Lancashire scheme of work through the Primary PE passport.

Strengths and weaknesses will be identified.

Assessment in Physical Education **displays unique features** as a consequence of its context and learning environment eg:-

- The playground and hall represent a very different working area to the classroom in terms of **dimension** and **space** and **surroundings**.
- Health and Safety requirements require constant vigilance by the teacher of the **whole** class at all **times**.
- Many qualities and capabilities contribute towards overall performance in National Curriculum physical education encompassing **PROGRESS** as well as **PRODUCT**.
- The whole PE programme will be constantly monitored and reviewed when necessary. Essentially by the co-ordinator but again in consultation with the teaching staff.

Staff Development

- (1) Co-ordinator will liaise with staff when necessary.
- (2) PE meetings will be used for the raising of problems and / or suggestions.
- (3) When teachers attend courses then ideas and course material should be reported to co-coordinator/and or whole staff.
- (4) Advice from advisory teachers and other relevant professions will be taken when necessary.

General Issues

- Every activity done in class time should be available to every child.
- In consultation with records, parents and advisory staff, the school follows the safety requirements as directed by 'Safe Practice'.
Particular attention is drawn to: -

Culture and Clothing

- Earrings must be taped until 6 weeks then taken out for lessons.
- PE uniform - blue shorts, white t-shirt or school PE t-shirt
- During outdoor games - navy blue tracksuits and trainers may be worn.
- Children are expected to change for PE and games lessons under supervision.
- Long hair should be secured.
- Swimwear - trunks/swimming costume and hat to cover long hair.
- Teachers also should change into suitable clothing and footwear for all PE lessons.

Miscellaneous

- A note signed by a parent or guardian is to be produced if the child is to miss any physical activity lesson.
- A doctor's note may be appropriate if there is to be long-term absence.
- Children are expected to provide, bring and take care of PE kit and to keep it in school, named and in a bag except for school holiday times.
- Children who forget kit will be loaned some from that available in school.
The regular borrowing of kit should be monitored.

Swimming

- From leaving the classroom until returning, the duty of care in swimming lessons remains with the teacher.

- Lessons take place at Marl Pits under the supervision of the County appointed swimming teacher, who plans the lessons and provide class teachers with lesson notes.
- Helmsore Primary School is at present (2026/2027) allocated an hour long swimming session each week and these are used by Years 3 & 4.
- In case of pupils with with serious medical conditions such as epilepsy, medical clearance and written permission of parents are both essential before they can be allowed to take part in normal school swimming programmes.

Registers

A swimming register should be taken to the Baths for each lesson. The following information should be recorded.

- i) the number of boys/girls attending each lesson.
- ii) any medical condition relating to individual children.
- iii) awards achieved by individual children.

Supervision

- i) The children should be counted into the building and the number of children present recorded in the swimming teacher's register at the Baths. The children should be counted before leaving the building. (Children in school, but not attending the swimming lesson, should be sent with work to a designated teacher).
- ii) When more than 20 pupils are in the water at any one time at least two adults should be present on the pool side to supervise.
- iii) The teacher should be able to see all the pupils and the pool bottom throughout the lesson.
- iv) The teacher or instructor should not enter the water if this leaves no supervising adult at the pool side except in emergencies.
- v) Changing rooms must be adequately supervised.

Safety

- i) An emergency drill to clear the pool should be practised regularly and should be effected by means of an agreed signal such as a whistle.
- ii) Pupils should not be allowed to run on the pool surrounds.
- iii) Goggles are worn only with written parental permission.

How to involve children who have asthma in sport & exercise

Children with asthma can suffer because many people think that their asthma prohibits them from joining in. The aim of full participation should be

the goal for all but the most severely affected pupil with asthma. However most young people with asthma can become wheezy during exercise. Taking a dose of reliever can help prevent exercise-induced asthma.

- Make sure that everyone involved in physical education is aware of the needs of children with asthma.
- Make an opportunity for children who have exercise-induced asthma to take a puff of their inhaler before they start exercise. Teachers should be aware that some children are shy of doing this in public.
- Make sure that children bring their inhalers to the hall, the sports field or the swimming baths.
- Make sure that children who say they are too wheezy to continue take their reliever inhaler and rest until they feel better.

The responsibility for maintenance, storage and re-ordering of equipment lies with the PE co-ordinator but all teachers should bring problems, faults and suggestions to their notice as soon as possible.

Extra-Curricular Activities

We provide a range of activities for children after the school day. This programme is supported by members of the teaching staff and support staff.

The children are encouraged to further develop their skills and interest in a range of activity areas.

First Aid

A number of staff within the school (Teaching & Non-Teaching) are qualified first aiders.

- The first aid manual is kept in the first aid room outside the ICT suite.
- There is a first aid box in disabled toilet (First Aid room).
- Inhalers for asthma are kept in child's possession.
- Accident forms, for serious injuries, are kept in the school office, along with the book to record such injuries.
- Minor accidents must be logged in the First Aid Room. Welfare staff record injuries at lunchtime. Where there are injuries to the head a letter is sent home to parents.

Emergency Procedure

- 1) Activity is stopped immediately.

- 2) Situation is quickly assessed, first aid is administered as necessary, whilst a responsible child is sent to inform the head teacher of the accident with a brief description of injury and whether an ambulance or other help is required.
- 3) As arrangements and treatment continue, the class must be supervised.

Monitoring and Review

The PE subject leader contributes to the development plan each year.
Monitoring and review will take place according to current school practice.

The governing body will review this policy in September 2027, or earlier if deemed necessary.

Signed: Head teacher

Signed: Chair of Governors

Date: September 2026