



Castleton CofE Primary School

PE Policy

December 2025

Intent, Implementation and Impact including Health and Safety Procedures for Physical Education (PE)

Our Vision for PE, School Sport and Physical Activity

Our vision is that children will leave our school with the confidence, knowledge and skills to lead active, healthy lives and to enjoy sport and physical activity in a wide range of contexts.

Introduction

At Castleton CofE Primary school, we provide additional choice to parents who seek a more bespoke approach to education through our offer of flexi-schooling. Within this offer, we work closely with parents from the home-school community to enhance their child's learning experience.

We are proud to provide a school experience that enables children to achieve their very best in their own unique way.

We understand our responsibility in preparing children for all aspects of their curriculum and for the next phase of their education. We aim to lay the foundations for our children to be able to take on the opportunities, responsibilities and experiences of later life enabling them to be successful citizens in modern Britain and the wider world.

Intent, Implementation and Impact

Intent

At Castleton CofE Primary, we believe that Physical Education, delivered in a safe and inclusive environment, is essential to children's physical, emotional and social development. Our curriculum is designed to inspire all children to enjoy, succeed and participate in PE. It supports their well-being, promotes lifelong healthy habits, and develops fundamental movement skills applicable across a range of sports and physical contexts.

Through PE, we aim to foster resilience, teamwork, cooperation and communication skills, while also teaching values such as fairness, equity, respect, and sportsmanship. All children are encouraged to develop confidence, strive for personal excellence and celebrate both effort and achievement. PE also equips pupils with life skills, including water safety and the ability to swim competently.

Our experiential curriculum makes good use of our exceptional locality, providing an outdoor education programme that promotes environmental awareness and a love of outdoor adventures.

Implementation

We provide a broad and balanced PE curriculum that is centred on the development of children's fundamental movement skills and includes a range of activities to apply these skills, e.g. invasion games, net and wall games, gymnastics and dance.

PE is taught through a one-hour lesson per week (our core week is three days), for children attending five days per week, they have swimming for two terms and a health and fitness focused lesson in the third term. Lessons cover both indoor and outdoor disciplines. We follow a structured scheme of work (The PE Hub), which builds knowledge and skills progressively from EYFS to Year 6.

We offer a bespoke provision for Nursery that focuses on the development of fine and gross motor skills through continuous provision and supported physical play.

We teach Reception and Key Stage 1 children as one group. Their physical development is supported by focusing on fundamental skills such as balance, coordination, and movement. Children build on these foundations and begin to engage in structured games and explore basic tactics.

In KS2, children refine and apply their skills in more complex and competitive contexts and develop their ability to evaluate performance and set goals.

Swimming is offered to the children who attend full-time. They are taught to swim competently and confidently over at least 25 metres, use a range of strokes effectively, and perform safe self-rescue in water-based situations. Lessons take place at Bakewell Leisure Centre.

PE is fully inclusive and adapted where necessary to ensure every child can access and succeed. Activities are differentiated to support and challenge all learners. Assessment is ongoing and supports teachers in planning and tracking progress. Children are assessed using the unit of work's learning intentions at the end of each half-term.

Enrichment opportunities include inter- and intra-school competitions through a programme of competitive events organised by the local secondary school, Hope Valley College, and taster sessions in alternative activities via our affiliation to the High Peak Schools Sport Partnership (HPSSP). The children also have access to the Bikeability programme provided through HPSSP. Leadership roles are created via the Health Champions and Playground Leaders programmes. Throughout the year we also run one-off initiatives to help to increase overall activity levels across the school such as the Ninja Skipping Challenge.

Impact

We assess impact through pupil progress, engagement and wider personal development. Teachers use formative and summative assessment to track skills, knowledge, and effort, supported by The PE Hub assessment framework, particularly focussing on the Head, Hand & Heart aspect. At the end of each unit, children are judged as working towards, meeting, or exceeding age-related expectations.

Pupil voice is gathered to ensure inclusive and enjoyable lessons and gauge how active children are generally, including away from school. We expect pupils to reflect on their progress, show resilience and take pride in personal achievements. Participation in events/competitions is something that all children are offered. PE also supports teamwork, communication, and leadership, underpinned by values such as respect, friendship, excellent and resilience, which are promoted in lessons and competitions. We celebrate pupil success through newsletters, school website and assemblies, helping to build a positive culture of physical activity. Our children leave school prepared to stay active, healthy, and confident in their physical abilities.

Health and Safety

Staff and children's health and safety is of paramount importance in PE. The general teaching requirements for health and safety applies in this subject. All staff are aware of the PE Risk Assessments we have in place for Gymnastics, Hockey, Indoor and Outdoor PE including Sports Day.

Here are some more specific details for Health and Safety in PE:

Clothing and PE Kits

As a school, we have a school PE kit which includes:

- Plain or school logo white t-shirt
- Plain black/navy joggers/leggings or shorts
- Plain or school logo blue hoodie
- Trainers/plimsolls (weather dependent)

We ask the children to attend school in their School PE kit on their PE days. No jewellery should be worn for any physical activity including earrings and long hair should be tied-up.

The school also provides a specific Sports Kit for all KS2 children to wear to outside sporting events. The kit comprises a white t-shirt and navy-blue tracksuit top with school logo and plain blue shorts and navy joggers. The kits are kept in school and provided to the children as needed. After an event Parents/Carers wash and return the kit to school ready for the next event.

Parents/Carers are made aware of the clothing requirements for PE and the school Sports Kit via communications from the school and through the school's Parent Hub and Website.

Teachers have the appropriate training to deliver lessons effectively and set a good example by dressing accordingly, specifically in sports attire for PE.

Changing

As the children now attend school in their PE kits, we have less opportunities when changing clothes is required. However, there are still some situations where this needs to occur e.g. changing into the school Sports Kit for attendance at off-site sporting competitions and events.

Changing for swimming

The swimming pool used are available to the public at certain times of the day. Although our swimming sessions are not in public times, there are occasions where members of the public are in the swimming pool and/or still using individual changing rooms when the children arrive. If members of the public are still in the swimming pool/changing rooms, the children will wait with the accompanying adults these areas are clear of members of the public. The pool staff allocate a specific changing room area for schools using signage advising the public not to enter the area.

Medical and First Aid

We encourage the children to always consider their own safety and the safety of others e.g., appropriate conduct within the lesson. Pupils are made aware of safe practice and understand the need for safety when undertaking any activity (e.g., not lifting Hockey stick above the waist, not jumping or running in front of others, etc.)

First aid equipment is available, and all staff are trained in what action to take, including calling for assistance in the event of an accident. If the member of staff is not First Aid trained there are sufficient qualified first aiders in school who are known to staff. There is a First Aid kit in the hall where indoor PE takes place and available from the playground during outdoor PE. First Aid kits are taken to all off-site sporting competitions and activities. Inhalers for pupils suffering from asthma are made readily accessible during PE lessons and taken to off-site events. Children with diabetes, epilepsy and asthma are monitored closely throughout and after PE lessons by staff. There are detailed records kept of all pupils with medical conditions that may affect their ability to participate.

PE stores and Equipment

An outside contractor recommended from the LEA checks gym equipment in the village hall annually. Other resources are the responsibility of the staff and children. Teachers are expected to make an initial visual assessment of equipment being used to ensure it is safe, any equipment found not to be safe should be reported the PE Lead and/or Head Teacher.

The subject leader makes termly visual checks for wear and tear and security of major items, and all staff are responsible for reporting to the subject leader if any items show wear and tear.

To protect children from any dangers with equipment and the storage of equipment, children should not be allowed to enter the PE stores (inside or outdoor) without an adult to supervise.