



*Holy Rood Catholic
Primary School, Swindon.*



*PE Policy
2025-2026*



School Vision:

Belong

At Holy Rood Catholic Primary School we will provide a nurturing and inclusive environment enthused by the Spirit of Christ to enable everyone to make a positive contribution, both to the school and the wider community. We will show love, compassion and respect for others.

A sense of unity will be created by forming relationships that are based on trust, loyalty, forgiveness and acceptance; we will endeavour to act justly and be peacemakers as Christ's disciples, inspired by the Gospel values.

We will encourage a sense of responsibility and help children learn to appreciate God's world around them through reflection, mission, prayer, healing and peace.

Learn

We resolve to develop a sense of awe and wonder at God's creation for our children - where creativity flourishes and everyone is inspired to learn, demonstrating a curiosity about the world around them.

We will strive to ensure that all of our learners are able to face new challenges with confidence, in a Christian learning environment where informed risk taking and a resilient attitude are welcomed, encouraged and achieved.

Our positive and enthusiastic approach to teaching and learning will motivate every person. Each will know that they are uniquely loved by God. We will continue to enjoy our learning and reflect on our efforts and achievements, inspiring us to always try our best.

Achieve

The children will be determined in their daily challenges, gaining confidence in their own ability, imagining what they could achieve with continued effort and commitment and working to fulfil the exclusive plan God has for each of them.

By fully engaging in all aspects of school, children will go on to accomplish as ambitious and competent individuals, always striving to achieve their full potential and positively participating in God's world.

Children's Mission Statement:



Our Physical Education Vision:

At Holy Rood, we believe that a high-quality physical education (PE) is essential to inspire and challenge our pupils. We believe that all our pupils should be given the opportunities to succeed, excel and compete in both a broad range of physical activity and competitive sports, which support health and fitness alongside our underlying school values. At Holy Rood, we wish to provide children with the confidence to challenge and exceed their physical expectations and develop a love for health, fitness and sport in order to lead active and healthy lives.

In order to achieve this, we provide a wide variety of different physical activities alongside a selection of competitive sports taught within our PE lessons. Pupils will develop fundamental movement skills and learn to use these skills in different ways. Moreover, these skills will engage children to be competitive with themselves and others, develop cooperation in team scenarios and understand how to improve, evaluate and recognise their own success. In addition to this we provide our pupils with opportunities to learn to swim, in addition to extra-curricular sports activities which can subsequently lead to participation in competitive competitions on a local level.

Curriculum Intent

We aim for all pupils in PE to:

- ✓ Develop competence to excel in a broad range of physical activities including fundamental movement skills
- ✓ Be physically active for sustained periods of time
- ✓ Engage in competitive sports and activities
- ✓ Collaborate, communicate and compete with their peers
- ✓ Improve, evaluate and recognise their own success
- ✓ Learn how to swim competently, confidently and proficiently over a distance of at least 25 metres
- ✓ Lead healthy and active lifestyles
- ✓ Fully access and succeed in PE through inclusive practice, adaptive teaching and a range of opportunities to participate in physical activity

Curriculum Implementation

At Holy Rood, we aim to provide children with 2 hours of quality physical activity a week (including lessons, breaktime and lunchtime activities and extra-curricular clubs). PE Passport is the scheme of work we use to deliver our PE teaching. Every PE lesson is teacher-led and sometimes supported by teaching assistants. PE Specialists are utilised to support the development of class teachers in delivering high quality PE Lessons. Each lesson follows the format: Warm up, Main Session (Skills), Game Session (Application of Skills) and Conclusion (Evaluation). Teachers use adaptive teaching strategies to ensure all pupils can access learning, including adapting equipment, tasks and levels of challenge to support pupils with different needs and abilities. Within every school phase, pupils will have access to a range of activities as outlined in the National Curriculum. These include: foundational skills, dance, gymnastics, athletics, invasion games, net and wall games, striking and fielding and other areas including swimming in Key Stage 2.

Curriculum Impact

As a result of a structured curriculum, effective planning, teaching and assessment, children at Holy Rood have a wide-ranging knowledge and broad exposure to a range of physical activities and skills.

Children have a strong motivation for taking part in physical activity and engage confidently with their peers across a variety of different contexts and sports. Younger children are exposed to the fundamental skills required to be successful in PE and can apply them to a range of essential disciplines including: balance, movement, gymnastics and dance. Older children can apply the skills learned in Key Stage 1 to a broad range of sporting contexts whilst building upon their communication, collaboration and competitive skills.

Through a wide-ranging and progressive scheme of work, children have the opportunity to improve and evaluate their performance in order to be successful. Therefore, enabling children to recognise success in their own performance and in the performance of others within their team.

Throughout their time at Holy Rood, children are able to consistently develop their performance, competitiveness and their teamwork and leadership skills through persistent exposure to a variety of different disciplines and sports coverage. Through PE and sporting opportunities, pupils develop resilience, teamwork, leadership and respect for others, supporting their wider personal development.

Children at Holy Rood are passionate about PE and are encouraged to continue to develop positive attitudes towards health and physical activity. Pupils leave Holy Rood with the knowledge, skills and motivation to lead healthy and active lives in secondary school and beyond.

Inclusion

At Holy Rood Catholic Primary School, we believe that physical education should be accessible, inclusive and enjoyable for all pupils, regardless of ability, gender, background or additional

needs. In line with our school vision, every child is encouraged to participate, develop confidence and experience success in physical activity.

Teachers ensure that PE lessons are inclusive through adaptive teaching, allowing all pupils to access the curriculum and make progress. This may include modifying equipment, adjusting the size of playing areas, simplifying or extending tasks and providing additional support or challenge where required.

This is achieved through:

- Adapting activities, equipment, space and rules to ensure all pupils can participate successfully.
- Providing additional adult support where needed, including the support of teaching assistants.
- Using progressive skill development so pupils can build confidence before moving on to more complex tasks.
- Offering appropriate challenge for all learners, including opportunities for pupils working at greater depth to further develop their skills.
- Ensuring pupils with SEND or medical needs are able to take part in PE safely through adapted activities and careful planning.
- Providing inclusive opportunities for competitive sport, ensuring that all pupils, including those eligible for Pupil Premium, have opportunities to participate in festivals, competitions and clubs.
- Encouraging equal participation for boys and girls across all sports and actively promoting opportunities for girls in sport through clubs, competitions and external partnerships.

Through these approaches, we aim to ensure that every pupil experiences success, enjoyment and a lifelong engagement with physical activity.

Planning

Medium and short-term planning is designed by the PE Lead. Each term consists of 6 weeks' worth of planning, containing a breakdown of what each lesson entails. Equipment required and learning objectives can also be viewed from the individual lesson plans. Each lesson contains a detailed plan and teachers will be expected to have prepared sufficiently in order to deliver the lesson effectively. PE planning is shared with teachers throughout the year outlining any changes that have been made.

Assessment

Teachers use ongoing assessment for learning to monitor pupil progress, identify pupils who require additional support and provide appropriate challenge for those demonstrating greater depth. We identify additional opportunities for more able pupils to develop their skills further, such as external sports competitions for children performing at a greater depth standard and also by providing extra-curricular sports clubs. We provide additional support for those who require it through teacher and additional adult support within lessons and adaptations to lesson plans where appropriate.

PE Monitoring

In order to maintain high standards of PE at Holy Rood, class teachers assume responsibility of the teaching for PE in their class. Teachers receive regular CPD updates, advice and support from the PE Lead. Pupil voice is undertaken in order to obtain a true reflection of PE from the perspective of the children to understand strengths and weaknesses of PE at Holy Rood and to identify areas that can be improved. Furthermore, lesson monitoring is strategically planned to ensure there is a key focus for individual lesson observations. PE specialists that work alongside teachers are also monitored annually to ensure that a high quality of PE is being delivered and teachers are gaining valuable experience and skills teaching alongside the specialist. The PE Lead works alongside senior leaders to review provision, analyse participation and ensure the PE curriculum continues to meet the needs of all pupils.

Health and Safety in PE

- Risk assessments to be conducted in areas where physical activity takes place.
- Safe and effective procedures are taught and adhered to in PE. These include use of and moving equipment for both adult members of staff and children.
- Equipment should be checked at least annually.
- Equipment should be checked by the teacher before use in lessons and defects should be reported and removed from child access.
- Children with specific disabilities and/or health conditions should be acknowledged and appropriate differentiation (such as modifications to activities where necessary) should be carried out. Similarly, children who require medication (e.g. inhalers) should have this readily available and used as required.
- Inhalers should be taken to the area where physical activity is taking place.
- All accidents in PE should be reported in the school's accident report book which is kept in the office.
- Safe, effective and appropriate warm ups should be completed in lessons.
- Staff ensure that safeguarding procedures are followed during all PE lessons, clubs and sporting events. All external providers are appropriately vetted and work under the supervision of school staff.

Expectations in PE

- During any organised physical activity: PE lessons; Sports Leader sessions; TA/MDSA led sessions at breaktime or lunch time; or extra-curricular sessions; children are expected to behave in line with the school's **behaviour policy**.
- Children are expected to show respect and consideration to other people and equipment.
- All children are expected to participate fully in PE lessons (exceptions for injuries and/or medical conditions).
- Children are expected to wear the appropriate kit as outlined in the **uniform policy**. Blue or black shorts or tracksuit bottoms should be worn with a white T-shirt and appropriate footwear. Long hair should be tied back and jewellery removed (stud earrings may be covered with tape, if unable to be removed).

- Teachers and teaching assistants involved in leading PE lessons or other sports related activities (extra-curricular clubs) should wear appropriate kit in order to set an example for the children.

Daily Physical Activity

Both the Upham Road and Groundwell Road sites have an allocated playground for children to use at break and lunchtimes. The Upham Road site has a Multi-Use Games Area (MUGA) and a large field which can be used during the summer terms for PE lessons, extra-curricular clubs and for break times (weather permitting). Children have access to the MUGA at lunchtimes and this is supervised by MDSAs.

Sports Leaders

Sports Leaders are assigned in KS2 to help manage and support teachers during PE lessons; to support the PE Lead during Sports Days; to support the organisation of the 'Golden Mile'; to begin to lead games at lunchtime and to be responsible for other sports related activities and initiatives throughout the year.

Golden Mile and Everyday Exercise

The 'Golden Mile' takes place on Wednesday breaktime throughout the year. This is a competitive and health initiative to challenge the children to participate in 15 minutes of active exercise. The children are encouraged by their class teachers to try their best and show perseverance to achieve their personal best. Sports Leaders take an active role in the organisation of the Golden Mile by helping to mark the laps and to encourage the children participating. Every Friday, during Celebration Assembly, the scores and leaderboards are shared as a whole school. Trophies are awarded to the winners in UKS2 and LKS2 weekly. This is also updated on the PE display board.

'Everyday Exercise' is a health initiative to encourage the children in EYFS and KS1 to participate in daily exercise. The children partake in 5 minutes of daily exercise to remind the children of the importance of regular activity.

Equipment Storage

Outdoor sports equipment is stored in the PE shed on Upham Road and the indoor cupboard on Groundwell Road. Sports equipment must be stored away in a tidy and safe fashion to avoid injuries. Children should not enter the storage sheds unless accompanied by the class teacher in order to help set up equipment for the PE lessons (this will generally be a role of the Sports Leader). The PE Lead will conduct annual audits in order to assess equipment that may need replaced or restocked.

Extra-Curricular

At Holy Rood, we want to create opportunities for children to participate and succeed in physical education. Therefore, we strive to offer a variety of extra-curricular sporting activities that will subsequently provide opportunities for the children to represent the school in competitions, leagues and festivals in a range of sports teams. Extra-curricular clubs will be managed by the PE Lead and Office Staff. This will be led by a variety of teachers, teaching assistants and external sports providers. The school actively promotes equality of opportunity in sport. We encourage participation from all pupils and monitor engagement to ensure that disadvantaged pupils, girls and pupils with SEND are able to access clubs, competitions and sporting opportunities.

Raising the Profile of PE and Sport

The profile of PE and sport will be raised throughout the school in the following ways:

- Sports Leaders are assigned by the PE Lead and will help to promote and manage sporting activities including the Golden Mile, Sports Day and helping teachers with organisation and demonstrations in PE lessons.
- In the Summer Term, there are two Sports Days: one for KS2 which is a more competitive series of events where children compete in their houses and one for EYFS/KS1 where children take part in a carousel of different sports and activities.

- In Key Stage 2, the Golden Mile will take place weekly to encourage a competitive element to their health and fitness where they will compete against other classes with weekly and termly winners. This is shared in Celebration Assembly weekly.
- In EYFS and Key Stage 1, Everyday Exercise will take place daily to encourage and promote a fit and healthy lifestyle on a consistent basis.
- Extra-curricular clubs will provide a variety of different sports and opportunities to compete.
- The school will enter local sporting competitions to provide further opportunities for children to participate, compete and excel.
- Celebration Assemblies will provide opportunities for children to celebrate their sporting achievements from outside of school as well as in school.
- The school website will be regularly updated under the PE tab via 'Key Information/Curriculum Pages) to update parents on how the school is getting on.
- The school will work with outside agencies occasionally to provide children with expert coaching in specific sports.

Primary PE and Sport Premium

The school will produce an annual report: 'Evidencing the Impact of the Primary PE and Sport Premium' which will be posted on the school website to illustrate how physical education is being promoted and how the funding is being used to meet the '5 Key Indicators' outlined by the Association for Physical Education.

Swimming

At Holy Rood, we aim to enable our children to become confident and competent swimmers that can use a range of strokes effectively. Furthermore, we hope to create a love of swimming in which children may continue to develop their swimming ability alongside a healthy lifestyle in later life.

The National Curriculum states that all children by the end of Key Stage 2 should be able to swim unaided for at least 25 metres, use a broad range of strokes successfully and perform safe-rescues by understanding water safety.

Children will begin to learn to swim through swimming lessons in Year 3 and will continue their swimming development in Year 4. These swimming lessons will be taught by qualified swimming instructors and will take place in local swimming pools (subject to change on a yearly basis).

On the days that children are swimming, they will need to bring the following kit:

- Boys: swimming shorts (not long shorts that fall below the knee)
- Girls: swimming costumes that are one piece not bikinis
- Swimming hat for those with shoulder length hair
- A towel
- A plastic bag for wet clothes/kit

Parents will be contacted and asked to bring in kit before the lesson if the child has not brought it in.

Goggles are permitted as long as permission is given by parents. They must be of good quality and the children need to understand how to put them on and take them off. Please read the manufacturer's instructions to ensure protection of the eyes from impact damage through stretching the eye pieces away from the face with wet fingers. Please note that for some activities your child will be asked to remove their goggles.