

*Broad Oak
Primary School*



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Physical Education POLICY

*Together we **C**hallenge **A**spire **N**urture*

Learning to live, loving to learn.

*At Broad Oak we nurture today's
minds for tomorrow's challenges.*

*Working together we ensure every
child has the potential to shine.*

POLICY

Broad Oak Primary School

Physical Education, School Sport and Physical Activity (PESSPA) Policy

Introduction

This policy outlines the teaching, management and organisation of Physical Education (PE) at **Broad Oak Primary School**. All staff have contributed to the development of this policy, and its implementation is the shared responsibility of all teaching staff.

Our PE policy was last reviewed in **September 2025** and has the full agreement of the Governing Body.

Physical Education, School Sport and Physical Activity (PESSPA) at Broad Oak Primary School is of the highest quality, experienced regularly, and delivered in a safe and supportive environment. We are committed to ensuring that all pupils benefit from a rich and inclusive PE curriculum that promotes physical, emotional and social development.

In the Early Years Foundation Stage (EYFS), children are taught fundamental movement skills through play and structured activities. Across the school, our priority is to develop pupils' physical competence, recognising its strong link to motivation, enjoyment, confidence and lifelong engagement in physical activity and sport.

All pupils participate in a minimum of two hours of PE per week. The physical activities and sports we teach are carefully selected to reflect the breadth and ambition of the national curriculum. Our PE programme is coherent, inclusive and designed to support all pupils to know more and do more. We are committed to reducing inequalities and ensuring that pupils from disadvantaged backgrounds or with SEND are fully supported to meet our ambitious end points.

All staff at Broad Oak value the important role of PE in developing the whole child. They are determined that every pupil enjoys and participates in sport and physical activity, and is equipped with the knowledge to make informed decisions about living a healthy, active life.

Aims of the PESSPA Programme

Our aims for PESSPA at Broad Oak Primary School are for pupils to:

- Develop physical competency across a wide range of activities that provide appropriate challenge with acceptable risk
- Build confidence and resilience to try hard and make progress across all activities
- Enjoy learning through physical activity across domains including physical skills, creative thinking, and social, personal and leadership development
- Be highly motivated and understand how to plan, organise and lead their own healthy, active lifestyles, influencing others positively
- Improve physical well-being through increased stamina, strength and suppleness, and recognise the emotional and mental health benefits of regular physical activity
- Learn about risk management and personal responsibility to enable independent participation in physical activity throughout life

Curriculum Implementation

PE may be the first and only place where our pupils are taught safe, efficient and intelligent movement. It is also a subject where pupils acquire essential health-related knowledge to help them make informed decisions about their wellbeing. At **Broad Oak Primary School**, PE is recognised as a unique and valuable area of the curriculum and is prioritised across all phases.

Our progressive and coherent PE programme reflects the breadth and ambition of the national curriculum while responding to individual interests and needs. It promotes a broad base of knowledge and places pupils in cooperative, collaborative and competitive situations. Activities are designed to cater for the preferences, strengths and needs of every pupil.

We nurture creative and expressive abilities and provide opportunities for pupils to work independently, in pairs and in groups. Pupils are encouraged to appreciate the importance of a healthy body and begin to understand the factors that affect health and wellbeing. Our curriculum is inclusive, and all pupils are given equal access regardless of age, gender, cultural or ethnic background.

While retaining its unique contribution to movement education, PESSPA also supports wider learning. It is integrated into whole-school planning to enhance pupils' literacy, numeracy, science, geography, PSHE and computing skills.

EYFS Provision

In the EYFS, staff:

- Plan activities that offer appropriate physical challenges, using indoor and outdoor spaces effectively
- Provide sufficient time for pupils to explore equipment and, where possible, teach half the class in each session
- Use versatile resources to support specific skills and imaginative play
- Introduce the language of movement alongside physical actions
- Offer tailored support for pupils with physical disabilities or motor impairments, working with physiotherapists and occupational therapists as needed
- Use additional adult support to encourage independence and participation in physical activities

Key Stage Provision

- **Key Stage 1:** Pupils are taught knowledge, skills and understanding through dance, gymnastics and games.
- **Key Stage 2:** The curriculum broadens to include athletics, dance, games, gymnastics, outdoor and adventurous activities, and swimming.

All pupils receive their entitlement of at least two hours of high-quality PE per week, in addition to daily planned physical activity. Lessons are typically:

- **KS1:** Two 1 hour sessions per week
- **KS2:** Two 1 hour sessions per week, adjusted termly based on planned activities

Curriculum documentation for PE is available on the school website.

PE in All Conditions

PE is rarely cancelled at Broad Oak Primary School. We value regular and frequent lessons to develop children's skills and abilities. In the event of unsuitable weather:

- Alternative class-based activities are planned (e.g. evaluating performance using video clips)
- Lessons may be rescheduled
- If indoor space is available, activities are adapted and taught inside to meet learning intentions

PE is never used as a sanction.

Our Rationale for Curriculum Design

At Broad Oak Primary School, our PE curriculum is shaped by the ambition of the national curriculum, but rooted in the specific needs of our pupils and community. We prioritise physical activities based on what our children need to thrive - physically, socially, and emotionally, and sequence them to build competence over time. Our curriculum is designed to reflect our school values of *Kindness, Curiosity, and Courage*, ensuring every child is supported to flourish.

We have selected clear, specific, and ambitious end points for each unit, and our teachers plan learning objectives and outcomes that are responsive to the needs of their class. We work proactively to identify gaps in motor competence - particularly in fundamental movement skills - and address these swiftly through targeted support and adaptive planning.

Inclusion for SEND Pupils

At Penwortham Broad Oak Primary School we are committed to ensuring that all policies reflect our inclusive ethos and support the needs of every learner. In line with the Special Educational Needs and Disabilities (SEND) Code of Practice, we strive to:

Provide equal access to opportunities for all pupils, including those with SEND.

Ensure that reasonable adjustments are made to remove barriers to learning and participation.

Promote high expectations, independence, and achievement for all pupils, regardless of need or background.

Work collaboratively with families, external agencies, and staff to identify and meet the needs of pupils with SEND.

Embed a graduated approach to support, ensuring early identification, targeted intervention, and regular review.

This policy should be read in conjunction with our SEND Policy and Equality Policy, which outline our broader commitment to inclusion, accessibility, and the celebration of diversity.

Safe Practice in PE

At Broad Oak, good practice equals safe practice. All PE lessons are planned with safety embedded from the outset. Teachers follow a reflective planning process:

- “This is what I want pupils to learn. This is how I plan for learning to take place. Is the learning experience safe?”

Teachers conduct risk assessments, annotate safety considerations in their short-term plans, and monitor pupils’ understanding of safe-practice principles throughout each lesson. Every lesson includes a warm-up and cool-down tailored to the activity and weather conditions, and pupils are physically active for sustained periods.

Teacher-Led PE

All class teachers deliver PE to their own class. This ensures that learning is personalised and cross-curricular links are made where appropriate - especially with PSHE and science, where we teach pupils how to live healthy, active lives. Teachers know their pupils’ physical, social, and emotional needs and use this knowledge to plan inclusive, engaging lessons.

Planning resources- including long, medium, and short-term plans, are stored on the Broad Oak Staff Drive and regularly updated by our PESSPA subject leader.

Pedagogy & Assessment

We define the knowledge to be taught across each year group so staff can select appropriate pedagogical approaches and assess effectively. Our curriculum is designed to help pupils remember key content long-term and develop physical competence.

Staff are supported to develop subject expertise and confidently identify misconceptions. Lessons are structured to include:

- Clear communication of learning objectives
- Frequent checks for understanding
- Opportunities for verbal recall of declarative and procedural knowledge
- Modelling of movement vocabulary and techniques

We use formative assessment strategies such as:

- Observing performance and pupil self-description
- Gathering feedback and setting personal targets
- Using ICT to build digital portfolios of pupil progress

Assessment is aligned with our curriculum and used to revisit insecure content, address misconceptions, and ensure pupils can confidently demonstrate what they know and can do.

Swimming & Water Safety

Swimming is a statutory part of our PE curriculum. All KS2 pupils at Broad Oak Primary School receive swimming instruction at Penwortham Leisure Centre and undertake 6 terms and if needed access top up swimming for a further 3 terms. Lessons are delivered by qualified instructors, with class teachers supporting and monitoring progress.

Pupils are taught to:

- Swim at least 25 metres confidently
- Use a range of strokes effectively

- Perform safe self-rescue in water-based situations

Water safety is reinforced through PSHE lessons and swimming instruction. We use PE and Sport Premium funding to provide additional lessons for pupils who have not yet met national expectations.

Time Allocation

PE is delivered strategically throughout the school day. We make the most of our facilities - both indoor and outdoor - and ensure all pupils receive high-quality instruction. A timetable showing class access to PE spaces is on the school calendar and displayed in our school hall.

- **KS1:** At least two hours of PE weekly
- **KS2:** At least two hours of PE weekly

PE time is protected and never used for catch-up in other subjects. We believe every child deserves the opportunity to learn how to live a healthy, active life.

Recording and Reporting

At Broad Oak, we record pupils' progress in PE to track their development against national expectations and our own ambitious curriculum goals. (See PE assessment system in the Broad Oak Staff Drive.)

Significant achievements or areas for development are noted in lesson evaluations and used to:

- Inform future planning by current or future teachers
- Support statutory annual reporting and parent discussions
- Help pupils set meaningful personal targets
- Ensure smooth progression across year groups and key stages

This approach ensures every child's journey in PE is visible, valued, and supported.

Monitoring Standards of Teaching and Learning

Monitoring is led by the PE subject leader, supported by the senior leadership team. At Broad Oak, we use a range of strategies to evaluate and improve standards in PE:

- Observations of teaching and learning, including support staff and external coaches
- Assessment of pupil progress and achievement
- Pupil voice interviews to gather feedback
- Subject self-evaluation and Quality Mark applications

This ensures our PE provision remains dynamic, inclusive, and high quality.

Extra-Curricular Activities

We offer a vibrant extra-curricular programme that complements our PE curriculum and reflects Broad Oak's commitment to inclusive, character-building experiences. Activities are designed to deepen pupils' physical competence and confidence in PESSPA.

We monitor attendance to ensure all pupils have access to enriching opportunities. Our aims include:

- Offering a balance of competitive and non-competitive activities through intra- and inter-school events
- Embedding values like fairness, respect, and resilience
- Promoting health and fitness through targeted clubs
- Providing opportunities to practise and extend learning from PE lessons
- Ensuring every pupil accesses at least one experience per term

To maintain quality and sustainability, we:

- Employ qualified coaches and monitor provision through the PE subject leader
- Involve pupils in shaping the programme via our Broad Oak Sports Council
- Forge strong links with local clubs (e.g. NSKA kick boxing, Carlova local dance studios, HAF Holiday Club, Lancashire cricket and Longton bowling)
- Share club information with families via newsletters and our school website

A copy of our extra-curricular programme is available on the Broad Oak website.

Active Lunchtimes

Our lunchtimes are active and purposeful. Trained Play Leaders and Young Sports Leaders organise skill-based and health-enhancing activities that:

- Improve behaviour and attitudes to learning
- Promote physical literacy and social inclusion
- Encourage positive peer relationships

These sessions reflect our belief that every moment in school can contribute to a child's physical and emotional development.

Young Leader Award

Our Year 5 and 6 pupils participate in the *Broad Oak Young Leader Award*, a leadership programme that teaches:

- Responsibility and initiative
- Organisation, communication, and confidence
- Planning and self-review skills

Older pupils lead games and activities for younger children, fostering integration, inclusion, and a love of movement across the school.

Staff Development

We take a strategic approach to staff development in PE. All staff receive CPD aligned to our curriculum and health & safety standards. The PE and Sport Premium is used to upskill staff based on identified needs.

Impact of our CPD programme is published on our website under the PE and Sport Premium tab.

Leadership and Management

The PE subject leader at Broad Oak is responsible to inform the head teacher and ensures:

- High-quality classroom practice
- Strategic use of the PE and Sport Premium
- Transparent reporting of funding impact
- Efficient management of equipment and resources
- Staff support and CPD coordination
- Risk assessments and health & safety compliance
- Community engagement and club partnerships
- Implementation of national and local developments

This leadership ensures PE remains a thriving, inclusive, and forward-thinking subject at Broad Oak.

Support Staff and External Coaches

Support staff, including teaching assistants, HLTAs, mentors, sports apprentices, and volunteers enhance our PE provision. Their roles include:

- Supporting high-quality PESSPA delivery
- Enriching pupil experiences
- Participating in CPD linked to PE and Sport Premium
- Facilitating extra-curricular activities

All adults supporting learning (ASLs) receive relevant training and operate under the supervision of class teachers, who retain legal responsibility for pupil safety and learning.

The headteacher oversees safe recruitment, DBS certification, and verification of qualifications for all external coaches.

Equity, Diversity and Inclusion

At Broad Oak, we are committed to ensuring that every pupil - regardless of background, ability, or need - has access to high-quality Physical Education, School Sport and Physical Activity (PESSPA). We actively promote equity, diversity and inclusion through our staffing, planning, and provision.

Support staff - including classroom assistants, teaching assistants, HLTAs, learning mentors, visiting coaches, sports apprentices and volunteer parents—play a vital role in enriching our PE offer. While trainee teachers are not included in this category, all other adults supporting learning (ASLs) are deployed during curriculum and non-curriculum time to:

- Support the delivery of high-quality PESSPA
- Enrich or enhance pupil experiences
- Provide training opportunities linked to PE and Sport Premium (Key Indicator 1)
- Expand access to extra-curricular opportunities

All ASLs and coaches receive appropriate training to ensure their knowledge aligns with statutory requirements and best practice. The headteacher oversees safe recruitment, DBS certification, and verification of qualifications, including governing body licences where relevant.

Health and Safety

We follow the guidance set out in *Safe Practice in Physical Education, School Sport and Physical Activity* (afPE, 2024 edition). A copy is available in the Broad Oak staffroom, and all staff sign to acknowledge its location and contents. This document underpins our approach to safe teaching and risk management in all PESSPA contexts.

Risk Assessment & Managing Risk

At Broad Oak, we believe safe teaching balances appropriate challenge with acceptable risk. Our approach to risk management includes:

- **Forethought:** A structured planning process that anticipates and mitigates risk
- **Termly whole-school risk assessments:** Conducted in line with the Management of Health and Safety at Work Regulations (1999), with significant risks reported to the headteacher
- **Site-specific assessments:** Risk assessments for the hall and outdoor areas are included in our whole-school Health and Safety Policy
- **Dynamic risk assessments:** Teachers conduct quick checks before each PESSPA lesson to ensure the environment, equipment, and planned activity are safe and appropriate

Concussion Protocol

Concussions are taken seriously at Broad Oak. If a pupil sustains a blow to the head, they are removed from activity immediately and medical care is sought. Because symptoms can be subtle and delayed, we dedicate time annually in staff meetings to review signs and symptoms of concussion.

- A 'Signs and Symptoms of Concussion' poster (Appendix 1) is displayed in the medical room and staffroom
- Recovery times vary, so we follow a graduated return-to-activity protocol
- Our whole-school first aid and emergency treatment policy includes specific concussion guidance for PESSPA contexts

Personal Protective Equipment (PPE)

In competitive sport, we follow NGB guidance from the FA, EH, RFU, and RFL, requiring shin pads and mouthguards where appropriate. In curriculum PE, we use robust risk assessments to maximise participation while minimising the need for PPE. Strategies include:

- Using modified equipment (e.g. lighter balls for Quicksticks)
- Organising non-contact versions of games
- Structuring groups to reduce risk

We communicate our PPE policy annually to parents via our newsletter and website, including guidance on equipment quality and expectations for extra-curricular sport.

Weather Conditions

Broad Oak pupils are expected to wear appropriate clothing for all weather conditions to ensure safety and comfort during outdoor PE. Our approach includes:

- **Hot weather:** Parents are asked to apply sun cream for KS1 pupils before school; KS2 pupils are encouraged to apply it independently.
- **Cold weather:** Pupils may wear coats if safe (no belts, buckles, or hazards). Additional layers are encouraged to maintain focus and prevent injury due to discomfort.

We also ask parents to ensure pupils wear hats during hot weather for outdoor PE and playtimes. Clothing should allow freedom of movement while providing insulation when needed.

PESSPA Clothing and Footwear

Pupils at Broad Oak Primary School are expected to wear clothing that is fit for purpose, appropriate to the activity, environment, and weather conditions.

Indoor PESSPA sessions:

- Plain white t-shirt or Broad Oak PE top
- Burgundy shorts
- Bare feet or trainers (depending on activity and surface)

Outdoor PESSPA sessions:

- Plain white t-shirt or Broad Oak PE top
- Burgundy shorts or black tracksuit bottoms
- Trainers suitable for outdoor use
- PE hoodie in cooler weather

Long hair must be tied back with a soft, secure item to prevent entanglement and ensure clear vision. For short, classroom-based movement (e.g. "Wake and Shake"), pupils may remain in school uniform, as these activities are low-risk and confined to small spaces.

Religious and Cultural Clothing

We are proud of our diverse school community and approach religious and cultural clothing with sensitivity and respect. Staff work collaboratively with families to ensure pupils can participate safely and meaningfully in PESSPA while honouring their beliefs.

Staff Clothing for PESSPA

Staff are expected to model safe practice by wearing appropriate attire for PESSPA activities. Where changing is not possible, staff must at minimum:

- Change footwear
- Remove jewellery
- Tie back long hair

This ensures safe supervision and active engagement in all sessions.

Personal Effects

To maintain a safe learning environment, pupils must remove personal effects such as:

- Jewellery (including body piercings)

- Watches and hair accessories
- Religious artefacts and sensory aids (unless medically required)

Staff conduct ongoing risk assessments and aim to avoid excluding pupils from lessons due to non-removable items. Parental disclaimers regarding jewellery will not be accepted, as the school retains full duty of care.

Changing Provision

At Broad Oak children come dressed in their PE kits. If children are needing to get changes for extracurricular clubs.

KS1 and Lower KS2 pupils change in their classrooms

- Upper KS2 pupils change in designated separate areas Staff are present during changing to ensure safety and support.

Equipment and Resources

Most PESSPA equipment is stored in the **PE shed on the playground**, with smaller items kept in the **school hall**. A full inventory is maintained by the PESSPA subject leader and reviewed regularly for suitability across age groups and abilities.

Pupils are taught to:

- Respect and care for equipment
- Use resources to enhance learning
- Return items correctly and safely
- Follow safety procedures for handling apparatus

Any damage or safety concerns must be reported immediately. Unsafe equipment is removed from use until repaired or replaced.

PE and Sport Premium Funding

Since 2013, Broad Oak has received annual PE and Sport Premium funding. We publish detailed reports on how this funding is spent and its impact on our school website.

Our dedicated PESSPA Link Governor, **Sandra Bently**, works closely with the subject leader to ensure the funding:

- Aligns with grant conditions
- Supports staff development
- Enhances pupil outcomes
- Strengthens community links

Review of the PESSPA Policy

This policy is reviewed every two years or sooner if significant changes or incidents occur.

Policy agreed by: Staff: -----

Date:

----- Governor: -----

Date:

Next review date: -----