

LOSTOCK HALL COMMUNITY PRIMARY SCHOOL



Physical Education and Sport

Headteacher: Mrs Laura Webb

Physical Education Leaders: Mr. James Law & Mr. Iain Jardine

Introduction

This policy sets out the principles, aims, and procedures for the delivery of Physical Education (PE) and Sport at Lostock Hall Community Primary School (LHCPS). It is designed to ensure compliance with the 2014 National Curriculum for England, statutory requirements, and inspectorate expectations, including those outlined by Ofsted. The policy aims to promote high-quality, inclusive PE and Sport provision that supports the physical, social, and emotional development of all pupils, fostering a lifelong love of physical activity and healthy lifestyles.

Roles and Responsibilities of PE and Sport at LHCPS

Role	Responsibilities
Headteacher: Mrs Webb	Overall accountability for PE and Sport provision; ensures statutory compliance.
PE Subject Leaders: Mr James Law Mr Iain Jardine	Lead curriculum planning, monitoring, and evaluation; support staff development.
Class Teachers	Deliver high-quality, inclusive PE lessons; assess and report pupil progress.
Support Staff	Assist with inclusion, supervision, and safe practice in PE activities.
External Coaches/Providers	[SRBC Coaching/ MiniMantra Yoga] Deliver specialist sessions and extra-curricular activities under school guidance.
Pupils	Sports Leaders: Engage actively, demonstrate positive attitudes, and contribute to pupil voice.

National Curriculum

The 2014 National Curriculum for Physical Education (PE) in England is a statutory, foundation subject for Key Stages 1-4, focusing on developing competence, confidence, and expertise in a broad range of physical activities. It emphasizes fundamental movement skills, sustained physical activity, competitive sports, and leading healthy, active lifestyles.

The aims of teaching PE at Lostock Hall CPS are consistent with our school's philosophy and take account of the legal requirements of the National Curriculum. Each child will receive a minimum of 2 hours per week of timetabled PE; swimming is also timetabled into the curriculum offer for KS2 learners.

Statutory Requirements of PE and Sport at LHCPS

At LHCPS we are committed to following the Statutory Requirements of PE and Sport, ensuring the following:

- Deliver the PE programmes of study as set out in the 2014 National Curriculum.
- Ensure swimming and water safety are taught in Key Stage 2, with all pupils able to swim at least 25 metres, use a range of strokes, and perform safe self-rescue.
- Comply with the Health and Safety at Work Act 1974 and AfPE Safe Practice guidance.
- Meet safeguarding requirements as outlined in Keeping Children Safe in Education (DfE, 2023).
- Adhere to the Equality Act 2010 and SEND Code of Practice (2015) for inclusive provision.
- Ensure safe handling of pupil data in accordance with GDPR (2018).

Aims of PE and Sport at LHCPS

PE is an essential part of the curriculum at LHCPS. It develops pupils' physical competence and confidence, and their ability to use these to perform in various activities. It promotes physical skill, physical development and knowledge of the body in action.

PE provides opportunities for pupils to be creative, competitive and to face different challenges as individuals, in groups, and teams. It engenders positive attitudes towards an active and healthy lifestyle. Pupils learn to plan, perform and evaluate actions, ideas and performances to improve their quality and effectiveness. Through this process, pupils discover their aptitudes, abilities and preferred physical activity. The PE and Sport curriculum and extra-curricular offer, designed at LHCPS, affords the children the opportunities to:

- Develop pupils' competence and confidence in a broad range of physical activities.
- Promote sustained physical activity and engagement in competitive sports.
- Support pupils to lead healthy, active lives and understand the benefits of physical activity.
- Foster teamwork, resilience, leadership, and sportsmanship.
- Ensure all pupils, including those with SEND, can access and succeed in PE and Sport.
- Provide opportunities for personal challenge, creativity, and enjoyment.

Curriculum Implementation at LHCPS

A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness, respect and resilience.

At LHCPS we follow the Lancashire Scheme of Learning for PE and Sport, which is digitally available to all teaching and support staff via the PE Passport App; each teacher has access to a PE iPad, for every lesson. Within the app, alongside individual lesson plans, teachers can also access full units of work, assessment criteria for each unit and examples of best practice (technical delivery of skills).

The PE and Sport Curriculum at LHCPS:

- PE curriculum is sequenced and coherently planned to ensure progression in knowledge and skills.
- Lessons are inclusive, differentiated, and adapted to meet diverse needs.

- Use models-based practice (e.g., Sport Education, Teaching Games for Understanding) to enhance engagement and learning.
- Employ a variety of teaching approaches, including questioning, peer and self-assessment, and creative tasks.
- Ensure access to appropriate resources, equipment, and facilities.
- Embed opportunities for leadership, teamwork, and personal challenge.
- Incorporate pupil voice (Sports Leaders) to shape provision and increase motivation.
- The PE Curriculum Matrix is monitored and adapted yearly, through professional discussions with Subject Leaders and Teaching Staff

Expectations of PE and Sport across Key Stages at LHCPS

Key Stage 1

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Pupils should be taught to:

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- participate in team games, developing simple tactics for attacking and defending
- perform dances using simple movement patterns.

Key Stage 2

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Pupils should be taught to:

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- perform dances using a range of movement patterns
- take part in outdoor and adventurous activity challenges both individually and within a team
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Swimming and Water Safety

All schools must provide swimming instruction either in key stage 1 or key stage 2.

Pupils should be taught to:

- swim competently, confidently and proficiently over a distance of at least 25 metres
- use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
- perform safe self-rescue in different water-based situations.

Currently, swimming is offered to pupils in Years 3, 4 and 5, giving children the opportunity to develop their competence and water confidence over three school years. In line with the National Curriculum, all children are expected to attend swimming lessons when it is their allocated year, unless there is a certified medical exemption.

Assessment of PE and Sport at LHCPS

By the end of each academic year, all children are expected to be working in line with national expectations. Pupils are assessed using the Assessment Framework within the PE Passport app, which evaluates developing skills, the application of skills within a game setting, and effort. At the start of Year 1, all children are assessed using the Lancashire baseline for Fundamental Movement Skills, which is then reassessed at the end of Year 2 to measure progress.

Swimming is assessed continuously throughout the programme, with school staff informed by swimming teachers as to whether a child has met the National Curriculum requirements. If a child is deemed not to have met these requirements, they will be required to attend catch-up swimming sessions in Years 5 and 6 until the expected standard is achieved or until the end of the academic year.

Extra-Curricular Opportunities within PE & Sport at LHCPS

All children from Reception to Year 6 will be offered a minimum of two extra-curricular activities per academic year. In addition, pupils will have access to two extra-curricular clubs delivered by external providers each year. LHCPS may also provide targeted or additional opportunities to further enhance the PE provision.

Our partnership with the South Ribble School Sport Partnership provides access to a wide range of competitive events across KS1, Lower KS2 and Upper KS2, with a particular focus on Upper KS2. We pride ourselves on attending every inter-school event hosted by South Ribble each academic year.

Health and Safety within PE and Sport at LHCPS

At LHCPS, health and safety in PE is a top priority to ensure that all children can participate in physical activity safely. Staff carry out regular risk assessments of equipment, facilities, and activity spaces before lessons, ensuring that everything is suitable for the children's age and abilities. Pupils are taught to follow clear instructions, wear appropriate clothing and footwear, and understand the importance of warming up and cooling down to prevent injury. Teachers are also fully aware of individual medical needs, with necessary medication readily accessible and emergency procedures

in place. Through careful planning, supervision, and promoting safe practices, the school creates a secure environment where children can enjoy PE and sport with confidence.