

PHYSICAL EDUCATION POLICY

HATFIELD PEVEREL INFANT AND NURSERY SCHOOL



Inspiring a Love of Learning

APPROVED BY GOVERNORS: APRIL 2026

POLICY TO BE REVIEWED: APRIL 2027

STATEMENT OF INTENT FOR PHYSICAL EDUCATION

At Hatfield Peverel Infants and Nursery School, we believe in inspiring every child through a high-quality physical education curriculum.

Our children will develop confidence and competence in key movement skills, helping them to move with control, coordination, and enjoyment. They will learn to work both independently and with others, exploring a range of physical activities including games, dance, and simple competitive sports.

Through fun and engaging experiences, children will build their agility, balance, and coordination, while also learning the value of staying active and healthy. We aim to nurture a lifelong love of movement and wellbeing in every child.

AIMS

It is our main aim to develop a lifelong love of physical activity, sport and PE in all our pupils, building character and helping to embed values such as respect and fairness. We aim to provide opportunities for pupils to become physically confident in ways to support their health and fitness, enabling them to have a positive and healthy physical and mental outlook in the future.

The 2014 curriculum states that a school must provide a high-quality physical education that inspires all pupils and enables them to succeed and excel in a competitive sport. Pupils should also be encouraged to take part in other physically demanding activities. They should have opportunities to compete in sport and other activities to build character and help to embed values such as fairness and respect.

Within the curriculum, PE has 4 main aims to ensure that all pupils:

1. Develop competence to excel in a broad range of physical activities.
2. Are physically active for sustained periods of time.
3. Engage in competitive sports and activities.
4. Lead healthy active lives.

In 2003 the DfES published 'Learning through PE and Sport' which stated that all children should have access to **at least two hours high quality PE each week**.

The basic principles of high-quality PE are:

- Enable all young people, whatever their circumstances or ability, to take part in and enjoy PE and sport.
- Promote young people's health, safety and well-being.
- Enable all young people to improve and achieve in line with their age and potential.

In our school pupils should:

- Fully participate in the PE curriculum, taking part in at least 2 hours a week.
- Use the 'Role Cards' to ensure they are involved in their PE lessons, even if they cannot physically take part (Skill Master, Top Thinker, Word Detective, Emotion Eagle, Awesome Award, Social Star, Question Master).
- Become increasingly competent and confident in a broad range of activities that extend their agility, balance and co-ordination, individually and with others.
- Develop their physical ability to the full and plan, perform and evaluate their work.
- Be able to recognise that PE lessons can help pupils follow a healthy lifestyle and have an awareness of safety aspects.
- Develop the qualities of perseverance, initiative and endurance so that they can compete in competitive and co-operative activities.

Organisation

- The teaching of PE is a progression of activities which requires the teacher to use a range of techniques: explaining, instructing, questioning, observing, assessing and providing feedback.
- In Foundation Stage, the children follow the Foundation Stage curriculum for Physical Development as well as the Get Set for PE scheme of work.
- In Key Stage 1, the children follow the National Curriculum for PE and the Get Set 4 PE scheme.
- The skills progress from EYFS, Year 1 and Year 2. Many of these skills will be repeated within topics. Dance will be taught and linked to the class topic where possible. Please see progression of knowledge and skills document for more details.
- Each class will have a longer PE session and a shorter PE session.
- Yoga is taught on alternate weeks and links with well-being and mental health, positive mindset and PSHE.
- The two Daily Mile tracks are available for children to use.
- The activity station markings are available for children to use for fitness within a PE lesson, as active brain breaks or as independent choice during playtimes/lunchtimes and during school hours.
- Risk assessments are in place for athletics, dance, games and gymnastics and these are reviewed regularly.

In addition:

- The children wear their team colour T-shirt for PE.
- There is an annual 'Sports Morning' where the whole school participate in a range of mini sporting events to earn points for their colour team. This event is open to families to come and support their child.
- There are additional sporting events that we participate in, some through Active Kids and some through the Local Delivery Group in Witham such as the Mini Olympics/Early Years and KS1 District Sports for gifted and talented pupils.
- Chelmsford School Sports Partnership (CSSP) provides regular meetings for the PE lead. There are a range of activities, opportunities and competitions for all abilities and needs throughout the year. For example, cross country, 'All in event' for SEN children and many more.
- A variety of sporting equipment is accessed during lunchtimes to encourage the children to be more active.
- Before school, lunchtime and after school sports clubs are run throughout the year, both by members of staff and external teachers.
- SEN children are invited to a Take a Break club, led by the SENCo, to develop fine motor skills.

SAFETY

- All pupils wear shorts and T-shirts for PE lessons (T-shirts must always be tucked in).
- Plimsolls or trainers will be worn for outdoor PE; barefoot for indoor PE (e.g. gymnastics) unless otherwise advised by a Parent/Carer.
- All children will wear PE kit on allocated PE days.
- Teachers will wear suitable clothing and shoes.
- The wearing of any jewellery, including earrings is absolutely forbidden in school, and this includes PE lessons for health and safety reasons. It is recommended that glasses are removed, unless advised by the parent.
- Children with shoulder length hair or longer hair will be expected to tie it back for all PE lessons.
- Lessons are carried out in a safe working atmosphere, where unnecessary conversation is kept at a minimum.

RESOURCES

- Get Set 4 PE Scheme.
- Stools, benches, large and small mats, selection of small equipment is stored in the school hall.
- There is a range of wall mounted gymnastics equipment in the hall.
- Outdoor equipment, including games equipment is stored in the playground garage space.

JA April 2026