

CORSHAM PRIMARY SCHOOL

PE Policy



Reviewed: Sept 2025

Policy Ratified by the LGC: November 2025

Next Review Date: September 2028

Corsham Primary School

Physical Activity Policy



To be read in conjunction with school policies on Health and Safety, Safeguarding and Teaching and Learning.

Aim

We aim to offer a wide variety of physical activities throughout the school day and beyond, both on and off site, which are used to promote all pupils' physical abilities as well as enhance their health and wellbeing.

Rationale

Why this policy is important:

- The policy will support the school's ethos as a health-promoting environment.
- The policy will show all involved in school life, the substantial health benefits of regular and purposeful physical activity.
- The policy will highlight the significant role which the school can play in contributing to family and community health and wellbeing.
- The policy will maximise the opportunities available for regular physical activity and engage with all pupils in order to help them meet the requirements of the national target of two hours per week.

- The policy will ensure that these two hours, minimum, will be based on high quality physical education lessons taught throughout each year group.
- The policy will ensure all children receive the opportunity to attend a wide range of, free or for a small fee, sporting clubs both before and at the end of the school day.
- This policy will have a key role in encouraging increased participation rates among young people – showing an awareness of the obesity epidemic relating to the decreasing levels of physical activity among children.
- To ensure that a whole range of purposeful physical activities provide the ability of children to learn effectively.
- This policy will provide a range of opportunities for the children to take part in festivals, intra - pupils from the same school competing and inter – pupils from two or more schools competing.
- This policy will encourage links within the community, therefore improving community cohesion.

Objectives

Our overall ambitions are:

- To provide consistent messages in school about physical activity both within and outside the taught curriculum.
- To increase the amount of physical activity within the school through other activities, not just lessons and the curriculum.
- To increase the physical activity of all children in line with national targets.
- To contribute to optimum all pupil behaviour, physical fitness, growth and development, assisting pupils to reach their full potential.
- To improve self-esteem and confidence among pupils and provide opportunities for them to work together.
- To provide opportunities for all pupils to develop valuable life skills, enabling them to understand the contribution that physical activity can make towards their mental and physical wellbeing.
- To increase all pupils' knowledge, understanding, experience and attitudes towards physical activity.
- To ensure that physical activity provision in school reflects the cultural and medical needs of pupils.
- To provide out of hours opportunities for physical activity for pupils, staff and the community.
- To monitor and evaluate physical education lessons taught throughout the school.

How our objectives are delivered:

Ethos and Environment

We encourage every child to be active throughout the day including before and after school hours.

As well as the PE lessons within the curriculum, we have initiated 'Huff and Puff', a government scheme, allowing all children in Years 1 – 6 to take part in a rota event on the playground every lunchtime. The children are provided with a range of apparatus, including a trim trail and outdoor gym equipment, which encourages children to make the most of their lunch hour by becoming active, physical and taking part in fun activities as well as preparing them for a calmer return to the classroom after their lunch break.

This system also allows the involvement of the Sports Leaders (children) who organise further events in the Huff and Puff zoned areas, as well as trained Lunchtime Playworkers, who encourage the pupils to get involved.

During the school day, teachers encourage children to stay active by doing short activities of brain gym, wake and shake, just dance etc.

Out of Hours Learning

We offer many before and after school clubs involving physical activities which encourage all children, at both Key Stage One and Two, to take part in both competitive and non-competitive sporting activities. Current clubs we provide are: multisports, football, dodgeball, street dance, judo and athletics. Previous clubs have also included: Netball, Tag Rugby, Cricket, Hockey, Archery, and Tennis. Pupils are selected to attend competitive and participate in sporting events within the Corsham cluster, where they compete against other schools in events such as swimming, tag rugby, football, cricket, cross-country etc. Children identified as being More Able in physical activity are invited to Braeside courses when available. We also run termly clubs for our Disadvantaged Learners, broadening their experiences and development of resilience.

Community Links

Members of the wider community run some out of hours clubs on the school grounds including football, multisports, streetdance, and judo.

Children in Lower KS2 also attend weekly swimming sessions as part of their two hours of physical activities. These lessons take place at the Corsham Leisure Centre and are led by swimming coaches, provided by the centre as well as our teaching team. Children also have the opportunity for booster swimming sessions in year 6 if they need them so they can reach the national requirement of being able to swim 25 metres.

Teachers from the secondary school make links with a range of year groups at Corsham Primary in order to teach a range of physical education lessons. This is supported by the SSCO (Secondary Sports Co-Ordinator) from The Corsham School.

Pupils from the secondary school, who wish to take career paths in physical education and health care, also make links with our year groups in order to arrange lessons with our pupils and carry out training programmes.

Active Travel

The school has an approved Travel Plan, which aims to promote and encourage alternatives to travelling to school by car. Where possible, children in year 6 are invited to take part in Cycling Proficiency programmes (Bikeability) facilitated by trained members of the school community and bicycle storage is offered on site.

All pupils are encouraged to travel to school, at least once a week, in a healthy way – either walking or scooting/riding a bike.

Other

Both sites have playing fields, playgrounds and an adventure play area. There is a range of equipment available on a rota for children to use at breaktimes, including outdoor gym equipment. The foundation stage has a covered outdoor area for them to access all aspects of the curriculum in an active way. Our lunchtime team are employed as Playworkers and plan activities/games to play with the children.

The school organises yearly sports days, separately at each site and all races are gender and ability based – ensuring the participation of all. Children earn points for their coloured teams (red, yellow, green or blue) for coming 1st, 2nd or 3rd and all the results are correlated for each site and then an overall winner for Corsham Primary. Foundation Stage and Key Stage One participate in the same four events: egg and spoon, hurdles, bean bag shuttle run and sprint. Key Stage Two choose which three events they would like to participate in from the choice of five: throwing (vortex), bean bag shuttle run, egg and spoon, hurdles and sprint.

Year 5 and 6 children are provided with the opportunity train as Sports Leaders. Children are given the opportunity to show they have skills in leading small groups of peers to warm up, cool down and play mini games. This also links with the More Able pupils. The children who decide to take on the role of a Sports Leader are given specific training. This can then be continued once they enter secondary school and can lead onto an NVQ qualification.

Equal Opportunities and Inclusion

When writing and reviewing this policy, staff have completed an Equality and Diversity Impact Assessment in order to ensure it complies with equality obligations outlined in anti-discrimination legislation. We believe the policy positively reflects the aims and ambitions identified in Corsham Primary's Single Equality Scheme.

Physical activities should aim to allow all children to make the best progress possible, using differentiation as a tool to cater for all. Support staff have received training in appropriate ways to provide opportunities for children with physical impairments, to ensure their full inclusion in activities and adaptations to resources and activities are made when needed.

Safe Practice

The general teaching requirement for health and safety applies in this subject. We encourage children to consider their own safety and the safety of others at all times. We expect them to change for PE into the agreed clothing for each activity area. All children may borrow spare kit from a box in the classroom if they have no kit. Key Stage 2 children may ring home to request that kit be brought in and spare kits are available in order to discourage pupils from having to sit out. No jewellery or watches are to be worn for any physical activity and earrings must be taken out or covered by tape or plasters. Teaching staff should set a good example by wearing appropriate clothing when teaching PE. Student teachers teach PE under the supervision of their class teacher and some learning tutors do not teach PE.

Risk assessments are in place for physical education. The Lead Athletes and Leadership Team are responsible for purchasing equipment and resources.

A copy of Good Practice is kept in the PE cupboard.

Teaching and Learning

Indoor and outdoor physical education lessons are timetabled weekly in each year group. Lessons are conducted in a secure, supportive and disciplined manner. Pupils learn the rules, etiquette, laws and codes for various activities. During the lessons there are opportunities for pupils to observe, evaluate, demonstrate and discuss. Where possible, links are made with other areas of the curriculum.

Individual staff and the PE subject leaders keep a record of any courses which teachers have attended relevant to the subject.

In-school coaching by outside agencies are incorporated in to the PE timetable, throughout the school to work alongside the class teacher and provide an excellent mentoring scheme.

Equipment and Resources

There is a designated PE storage cupboard for all curriculum PE equipment as well as a cupboard, in the Lead Athletes' classroom, used to store up to date books and relevant schemes of work. Sheds are also provided to store equipment, including the Huff and Puff resources.

The 'Huff and Puff' shed houses all the necessary equipment for this activity at lunchtimes. A folder is used by the co-ordinator, staff and Sports Leaders to ensure that equipment is kept up to date on a regular basis. Pupils who ride bicycles to school, store them in designated areas.

All equipment is kept in good condition and checked regularly. Gymnastic and wall apparatus is also serviced on a regular basis.

Awards

Corsham Primary gained the AfPE Quality Mark Award for PE with a Distinction in 2016, 2019 and most recently, in 2022. This is a highly recognised Award which only a small handful of schools achieve at this level.

Success Criteria

- Pupils are using opportunities to take part in physical activity throughout the school day and out of hours – PE sessions, Huff and Puff and after school clubs.
- Pupils participate in physical activities at their own level, in a way that best suits their ability, culture or needs.
- Pupils are given health and safety information and carry out sessions in an appropriate manner – e.g. clothing, behaviour and rules.
- Appropriate risk assessments are up to date and inform physical activity provision.
- Pupils are able to explain the impact that physical activity can have on their wellbeing.
- The school is used as facilitator of physical activity for all. A range of activities are offered and taken up by pupils, staff and members of the wider community in and out of school hours.
- Equipment follows the needs of provision and is stored appropriately.
- The school continues to encourage healthy approaches to travelling to school.

UNICEF

Corsham Primary is a UNICEF *Rights Respecting School* which promotes the Convention of the Rights of the Child. This policy underpins Article 29 of the convention:

Aims of Education: Education shall aim to develop a child's personality, talents and mental and physical abilities to the fullest extent. Education shall

prepare a child for an active adult life in a free society and foster in the child, respect for his or her parents, for his or her cultural identity, language and values and for the cultural background and values of others.