ST. GERARD'S
CATHOLIC
PRIMARY AND
NURSERY SCHOOL

Physical Education Policy 2026-27



St Gerard's Catholic Primary School

"Guided by God, St Gerard's Catholic Primary and Nursery School is an inspiring and aspirational community where we learn to love, hope, dream and achieve."

SAFEGUARDING STATEMENT

"St Gerard's Catholic Primary and Nursery School is committed to safeguarding and promoting the welfare of children and young people and expects all staff and volunteers to share this commitment".

Halton Children and Young People
SAFEGUARDING PARTNERSHIP

Aims and Objectives

Physical Education develops children's knowledge, skills and understanding so that they can perform with increasing competence and confidence in a range of physical activities. It promotes an understanding in children of their bodies in action. It involves thinking, selecting and applying skills and promotes positive attitudes towards a healthy lifestyle. At St Gerard's, we enable children to make informed choices about physical activity throughout their lives.

Aims of PE

- Enable children to develop and explore physical skills with increasing control and co-ordination.
- Encourage children to work and play with others in a range of group situations.
- Develop the way children perform skills and apply rules and conventions for different activities.
- Increase children's ability to use what they have learnt to improve the quality and control of their performance.
- Teach children to recognise and describe how their bodies feel during exercise.
- Develop the children's enjoyment of physical activity through creativity and imagination.
- Develop an understanding in children of how to succeed in a range of physical activities and how to evaluate their own success.
- Increase the amount and level of physical activity carried out by each child through experimenting new sporting and non-sporting activities.

Teaching and Learning Styles

We employ a sports specialist who is our main provider of PE lessons and extra-curricular activities. PE may also be taught by class teachers at times throughout the year. Our main aim is to develop children's skills, knowledge and understanding and this is done through a mixture of whole-class teaching and individual or group activities. Staff draw attention to good examples of performances as models for the other children. Children are also encouraged to evaluate their own work as well as the work of their peers. Within lessons, children are given opportunities to collaborate and compete with each other, as well as use a wide range of resources. We recognise that there are children with differing physical ability and we ensure that suitable learning opportunities are provided to children by matching tasks to their ability.

PE Curriculum

At St Gerard's, our PE curriculum is progressive and builds upon skills that children have learnt in previous years. We ensure that children are taught key skills and are given opportunities to apply them to a range of different sports. Children in Year 2 to Year 6 also receive swimming lessons throughout the course of the academic year. In addition, children are provided with activities provided by outside agencies throughout the year to introduce them to non-typical sports and to help embrace a love of the subject.

PE in EYFS

Physical Development is an integral part of school life within Nursery and Reception. Our PE curriculum for EYFS is based around Physical Development and Personal, Social & Emotional Development. We encourage children to develop confidence and control the way they move, as well as the way they handle tools and equipment. We give all children the opportunity to undertake activities that offer appropriate physical challenge, both indoors and outdoors, using a wide range of resources to support specific skills.

Supporting children with Special Educational Needs, Disabilities and Medical Conditions

All children have access to a PE curriculum whatever their level of need may be. PE forms part of our school curriculum policy to provide a broad and balanced education to all children. We set suitable learning challenges and respond to each child's differing needs to ensure that all children are able to participate in PE. When progress falls significantly outside of the expected range, the child may have special educational needs. Our assessment process looks at a range of factors including organisation, teaching materials, teaching styles and differentiation. To enable children to learn more effectively, we use the assessment process to ensure we can take additional or different actions where necessary. Where children are to participate in activities outside of school, a risk assessment is carried out prior to this to ensure that the activity is safe and appropriate for all pupils.

Children with disabilities require a separate risk assessment that teachers must read and adhere to. Our sports specialist is made aware of any medical conditions that children may have and outside agencies are informed when necessary.

Assessment and Recording

Formative assessment is used by our sports specialist within each lesson and this then informs the half termly judgements. Children are judged as meeting, exceeding or working towards the expectations of each individual unit. Book Creator is also used as evidence bases to track PE across each year group. This explains skills that have been taught and provide evidence of children learning the skills.

Resources

We have a wide range of resources to support our PE curriculum. Children are expected to help set up and put away equipment as part of lessons in order to recognise how to handle equipment safely. We ensure that our PE resources are refreshed frequently to support high quality teaching and learning.

Monitoring and Review

PE is monitored and reviewed throughout the year by the PE subject leader and sports specialist. The subject leader also supports colleagues with the teaching of PE and updates them about current developments in the subject. Termly reports are written by the subject leader to inform the senior leadership team and governors about developments within the subject.

Extra-Curricular Activities

We provide a range of after school PE and Sports related clubs throughout the week. Mr Firkins, our sports specialist, delivers multi-sports clubs every day to children in KS1 and KS2. Each week, there are two clubs offered to LKS2, two clubs for UKS2 and one club for KS1.

School Games

As part of the School Games, we compete against other local school and participate in a range of competitions. This allows children to experience competitive elements within team games and provides opportunities to put their skills into practice. They foster a sense of team spirit and co-operation amongst our children. We currently hold the School Games Gold award.

Health and Safety

The general teaching requirements for health and safety applies in this subject. We encourage children to consider their own and others' safety at all times. Children wear appropriate PE kit on their PE days and are expected to wear suitable footwear and no jewellery.

First Aid

All staff are first aid trained and first aid kits are situated in every classroom. They are also available in the main school link corridor. Staff have been defibrillator trained (2022) and we have a defibrillator available in school should it need to be used. If an emergency evacuation is necessary, children and staff should follow the school protocol.

Onsite and Offsite Activities

A generic risk assessment is available for all activities that take place during school time. Any outside agencies that come into school provide their own risk assessments for activities. All offsite activities have to have risk assessment as we are unable to travel to other schools, centres and stadiums without this in place.

Policy Updated

Date: September 2026

By: Miss L. Sanders (PE Coordinator)