

Winnington Park Primary School and Nursery Physical Education Policy



Updated: Autumn 2026

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Our School Vision

Our vision is of a community whose members: children, parents, teachers and staff work collaboratively towards achieving an exciting and inclusive school, with high expectations and standards for all, within a happy, caring and secure environment.

Our Curriculum Vision

At Winnington Park Community Primary School and Nursery we aim to offer a creative and inclusive Curriculum which inspires, engages and challenges and in which children are partners in their own learning.

INTENT

We ensure that children are given opportunities to widen their knowledge and understanding of the world and learn and apply skills which will make them successful learners for life as well as enhancing their physical, spiritual, moral, social and cultural development.

Children will become confident, independent and resilient learners who are willing to take risks. They will have high aspirations and be proud of their achievements. We aim to give everyone the opportunity to fulfil their highest potential, physically, academically and in respect of their wider interests and talents.

Our curriculum has clear end points and our lessons are sequenced so children's learning builds towards these. The children's new knowledge and skills builds on what they have been taught before and is designed for the children, families and community of Winnington Park.

IMPLEMENTATION

Our children learn through a knowledge based curriculum which develops children's skills. We endeavour to engage our children and completely immerse them in their learning. Topics are progressive whilst being inclusive and challenging. They provide children with the knowledge and skills needed for the next stage in their learning and later life.

We celebrate and value all subjects and provide opportunities to apply and practice key skills in all areas of learning. We have high expectations of achievement, progress, behaviour and presentation. Our children enjoy developing their learning through enhanced projects such as sports clubs and competitions, writing and reading weeks, art workshops, trips and residential.

IMPACT

Well prepared children ready for the next stage of learning and life – happy and engaged.

Evidenced through - pupil voice, school council, parliament, pupil and parent questionnaires, worry boxes, class books, displays, work books, photos, website, learning journeys,

charities, social media, community links, class assemblies, trips, visitors to school, welcoming new pupils.

PE Vision

At Winnington Park Primary School and Nursery, we believe that every child can succeed in PE. Physical Education (PE) contributes to the overall education of all children by helping them to lead full and valuable lives through engaging in purposeful and high-quality activity. It promotes active and healthy lifestyles, physical skills, physical development and knowledge of the body in action. PE enables children to learn confidence, perseverance, team spirit, positive competitiveness and organisation. Children engage in a programme of PE that encourages fitness, improves their strength and teaches them skills and the rules of games. PE is an integral part of school practices allowing all children in the school to gain a sense of achievement and develop positive attitudes towards themselves and others. **Aims**

The national curriculum for physical education aims to ensure that all pupils:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time □ engage in competitive sports and activities □ lead healthy, active lives.

Attainment targets

By the end of each key stage, pupils are expected to know, apply and understand the matters, skills and processes specified in the relevant programme of study.

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
- 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

At Winnington Park, we provide all children from Year 1-6 with water confidence swimming instruction.

In particular, pupils are 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.

Entitlement

All children are entitled to high-quality PE lessons. See below for time entitlements.

Year Group	PE entitlement
Nursery	Unlimited opportunity for outdoor play experiences.
Reception	Unlimited opportunity for outdoor play experiences.
Year 1	2 hours
Year 2	2 hours
Year 3	2 hours

Year 4	2 hours
Year 5	2 hours
Year 6	2 hours

Teaching and Learning

Each child will receive at least 2 hours of high quality PE lessons a week.

- Children will be active throughout the lesson. For example, sports such as rounders and cricket should be played on a small scale to develop skills so that all children are actively engaged.
- Children will be given good quality equipment to use. In sports such as football and basketball children should have a ball each to develop skills.
- Teachers will model skills as well as draw attention to good examples of individual performance.
- Children will evaluate their own work as well as the work of other children.
- Within lessons we give the children the opportunity both to collaborate and to compete with each other.

PE Curriculum Planning

PE is a foundation subject in the National Curriculum. At Winnington Park our planning is supported by Complete PE scheme of work.

The curriculum planning in PE is carried out in three phases (long-term and short-term). The long-term plan maps out the PE skills/sports covered in each term during the key stage

Class teachers follow and adapt a short term plan for each PE lesson from the Complete PE resource. These list the specific learning objectives for each lesson and give details of how the lessons are to be taught.

We plan the PE activities so that they build upon the prior learning of the children. While there are opportunities for children of all abilities to develop their skills, knowledge and understanding in each activity area, there is planned progression built into the scheme of work, so that the children are increasingly challenged as they move up through the school.

Years 3, 4 and 6 attend residential visits which allow children to take part in outdoor adventurous activities.

Early Years

We encourage the physical development of our children in Foundation Stage as an integral part of their work. We encourage the children to develop confidence and control of the way they move, and 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.

Teaching PE to Children with Special Educational Needs

At Winnington Park Primary we teach PE to all children, whatever their ability. PE forms part of the school curriculum policy to provide a broad and balanced education to all children. Through our PE teaching we provide learning opportunities that enable all pupils to make progress. We do this by setting suitable learning challenges and responding to each child's different needs.

Child Profiles for children on the SEND register may identify and include, as appropriate, targets that are specific to PE. We enable pupils to have access to the full range of activities involved in learning PE.

Assessment

Teachers assess children's work in PE by making assessments as they observe them working during lessons. They record the progress made by children against the learning objectives for their lessons. At the end of a unit of work, teachers make a judgement as to whether the child has met or is working towards the expectations of each individual unit. These records also enable the teacher to make an annual assessment of progress for each child, as part of the child's annual report to parents. The teacher passes this information on to the next teacher at the end of each year.

Health and Safety

Winnington Park Primary School follow BAALPE, British Association of Advisors and Lecturers in Physical Education guidelines for health and safety applies in PE. Children consider their own safety and the safety of others at all times. Children come to school in appropriate PE clothing (white t-shirt and blue/black shorts or jogging bottoms) on relevant days for PE lessons. The policy of the governing body is that no jewellery is to be worn for any physical activity. The governing body expects the teachers to set a good example by wearing appropriate clothing when teaching PE. The school will have an annual SportSafe equipment audit.

Extra-curricular activities

The school will provide a range of PE-related activities at the end of the school day and during lunchtimes. These encourage children to further develop their skills in a range of the activity areas.

The school will also offer clubs ran by external agencies for which a small charge will be made.

Competition and School Sports Partnership

All children at Winnington Park Primary School take part in Sports Day. This is a combination of traditional Sports Day running races and novel team events. The Day is supported by Sports Leaders from Hartford High School.

The school is an active member of the School Sports Partnership and values the contribution the partnership makes to PE and sport at Winnington Park School. We make best use of the expertise provided through the partnership. For example by allowing coaches to teach PE lessons.

In Key Stage Two we aim to attend competitions regularly. This introduces a competitive element to team games and allows the children to put into practice the skills that they have developed in their lessons. Children will learn to win well, as well as lose well. These opportunities foster a sense of team spirit and co-operation amongst our children.

Conclusion

This policy is in line with other school policies and therefore should be read in conjunction with the following school policies:

- Teaching and Learning Policy
- Assessment Policy
- Special Educational Needs Policy
- Equal Opportunities Policy
- Health and Safety Policy