

Yealmpstone Farm Primary School Physical Education (PE) Policy

Introduction

At Yealmpstone Farm Primary School, we believe that **Physical Education (PE)** is essential for every child's development, promoting health, well-being, teamwork, and confidence. Our PE curriculum is designed to provide engaging, inclusive, and high-quality physical education that encourages all pupils to develop a love for movement and an active lifestyle.

Aims and Objectives

Our PE program aims to:

- Develop pupils' **physical skills**, including coordination, balance, agility, and strength.
- Promote **teamwork**, cooperation, and respect through group activities and sports.
- Encourage pupils to lead **healthy and active lives**, understanding the benefits of exercise.
- Build **confidence and resilience** by setting challenges and celebrating achievements.
- Provide opportunities to take part in **competitive sports** and represent the school.

Curriculum & Delivery

At Yealmpstone Farm, pupils take part in **two hours of PE per week**, following the **Cambridgeshire Scheme**. This ensures a well-structured and progressive curriculum that develops essential physical skills across all year groups. Our lessons cover a broad range of activities, including:

- **Team sports/Games** (football, netball, hockey, rugby).
- **Individual sports** (gymnastics, athletics, swimming).
- **Outdoor and adventurous activities** (orienteeing, fitness challenges).
- **Dance and movement** to develop coordination and rhythm.

To support staff development and high-quality PE provision, we are part of the **Plymouth School Sports Partnership**, which provides teachers with **yearly CPD** opportunities to strengthen their confidence and expertise in delivering PE lessons.

The Role of the PE Co-ordinator

Our **PE Co-ordinator** plays a vital role in ensuring that physical education is engaging, inclusive, and aligned with national curriculum standards. Their responsibilities include:

- Leading the development of the PE curriculum and ensuring it meets pupils' needs.
- Yearly **observations** of teachers ensuring our vision is being implemented.
- Supporting staff with lesson planning and best teaching practices.
- Organizing inter-school competitions, sports events, and extracurricular activities.
- Liaising with the **Plymouth School Sports Partnership** to provide CPD training for teachers.
- Overseeing the maintenance and safety of sports equipment and facilities.

- Promoting a positive sports culture within the school, encouraging pupil participation and enjoyment.
- Engage our Sports Council which gives pupils a voice in our provision.

Inclusion & Accessibility

We ensure PE is inclusive for all pupils, including those with additional needs. Adaptations are made to:

- Provide suitable equipment and resources for all abilities.
- Offer support where needed to encourage participation.
- Create a positive and welcoming environment for all pupils.

Extracurricular Activities & Competitions

Yealmpstone Farm Primary School provides additional opportunities for pupils to engage in sports beyond curriculum time, including:

- **After-school clubs** for various sports.
- **Inter-school tournaments and competitions.**
- **PSSP events** aimed at children of all ability levels.
- **Sports Days** to celebrate teamwork and physical achievements.
- **Healthy Schools week** where children are exposed to a range of traditional and non-traditional sports workshops which encourage a lifetime of healthy activity levels.

Health & Safety

We follow strict health and safety measures to ensure a secure learning environment. This includes:

- **Regular equipment checks** to prevent hazards.
- Clear guidelines on appropriate clothing and footwear published in our **PE KIT policy**
- **Supervised activities with trained staff** to ensure pupil safety.

Assessment & Progress

PE is assessed through observations in skill development, and pupil engagement. We encourage self-reflection, goal setting, and positive reinforcement to inspire continuous improvement.

Conclusion

At Yealmpstone Farm Primary School, PE is more than just a subject—it's a vital part of our pupils' physical, social, and emotional growth. Through high-quality lessons, extracurricular activities, and a commitment to inclusivity, we ensure every child has the opportunity to thrive in physical education.