P.E. POLICY

2025-2026

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Policy Statement

Physical Education forms an important part of the education of each pupil. We believe that physical education, experienced in a safe and supportive environment, is a unique and vital contributor to a pupil's physical development and wellbeing. We aim to promote an active, healthy and enjoyable lifestyle and encourage our pupils to have the motivation, confidence, physical and social competence, knowledge and understanding to maintain physical activity throughout life. Our P.E. curriculum is designed to introduce our children to the world of sport, which, combined with an enjoyment of exercise, will hopefully provide the foundations for a healthy, active lifestyle.

Aims

The aims of Physical Education at The Beacon PRU are:

- To promote positive attitudes towards physical activity.
- To develop social co-operation and positive attitudes towards others and to compete with a sense of fair play.
- To promote physical activity, physical skills development and a healthy lifestyle.
- To show an awareness, knowledge and understanding of safety when participating in physical activity.
- To encourage lifelong involvement in physical activity.
- To develop fair play through cooperation, collaboration and competition
- To always try to achieve personal best.
- To understand the need for rules in games.
- To provide equal opportunities for all children regardless of their race, gender, background or ability, thus providing a programme of study that is inclusive.
- To provide equal opportunities for all children to achieve their full potential, through curricular and extra-curricular sessions.

P.E. Provision

Our P.E. provision consists of a minimum of two P.E. sessions per week for all full-time pupils. Swimming is delivered weekly throughout the whole year, thus all full-time pupils access swimming lessons as one of their weekly P.E. sessions. Swimming lessons are delivered by class teachers with a qualified lifeguard. A P.E. planner is devised that comprises of 6 half-termly P.E. units. This is designed to introduce our pupils to a broad range of sporting and physical activities throughout year with links to community-based providers. This programme is constantly reviewed and adapted to respond to the needs of our pupils and to ensure effectiveness in the provision offered. In addition to this, the programme is designed to facilitate the learning outcomes as specified in the National Curriculum.

To ensure all our pupils are equipped for a healthy and active lifestyle we have endeavoured to provide physical activity as part of a 'daily diet' at The Beacon. Therefore, in addition to our two planned PE lessons we supplement this with 3 further days of planned physical activity sessions. Thus, all pupils are encouraged to be active and engage in physical activity on a daily basis. Optional outdoor physical play activities are also provided every break and lunch time to again encourage our pupils to engage with physical activity. All our pupils access CalmBrain sessions that target regulation through a tailored active programme.

Further provision is accessed by some pupils as part of specific interventions as planned within the pupils' provision map. These interventions can include programmes such as Jimbo Fun, Smart Moves, Sensory Circuits, wake and shake and proprioceptive breaks. In addition, regular active brain breaks are offered that provide physical movement as part of this process. Physical fundraising activities are also planned during the year to support specific charity events whilst

providing further physically active opportunities for our pupils as well as participation in national sporting/active initiatives and School Games.

We further promote physical activity through our curriculum. Planning is carefully considered across the curriculum to utilise opportunities to incorporate physical activity. To support this, we have a subscription with Teach Active, an active maths and English resource.

We seek to support pupils and their families in promoting an active lifestyle at home. We provide 'Take PE Home' bags with active play resources, 'Get Active…at Home' booklets that contain easy to implement active games, half-termly Family Active Challenges along with active resources for families to keep and we also plan active Family Learning sessions for pupils and parents to participate in together at the units.

Teaching & Learning

Our P.E. provision is provided by our teaching staff along with external coaches, with specialisms in the specific units of work. Consequently, the planning for the sessions is completed by either our teachers or by the coaches, however class teachers liaise with the coaches and attend all the sessions and support in ensuring that planning is in line with the needs of our pupils. The P.E. curriculum plan has been developed with the support of the Sports Development Team. The planned P.E. provision is intended to provide opportunities for pupils to be creative, competitive, co-operative and to face challenges as individuals and in small groups or teams.

Assessment in P.E. is ongoing and formative, and is carried out by class teachers. This is largely done through observations during P.E. sessions. Pupils receive feedback and support during lessons. Opportunities are provided for pupils to assess their own performance through talk and observation of peers. Pupils are encouraged to recognise ways of improving skills and to make positive comments on their own and others work. Assessment records are completed by teachers and are explicitly linked to each unit of work.

All our pupils work towards the PE Life Skills Award during PE and physical activity. This encourages the development of the whole child covering positive characteristics and values for physical, emotional, social and cognitive development.

Resources & Funding

Our outdoor play area is available to support Physical Education learning and activity either through cross curricular links or as planned interventions.

Children are expected to wear an active uniform every day. Pupils are expected to wear a P.E. kit for all PE sessions. This is non-specific to The Beacon, but is expected to be an appropriate and plain school P.E. kit. Spare kit for sport and swimming is provided when needed.

A specific budget is available for P.E. each year. The Sports Premium grant is used to subsidise the costs of the P.E. provision and meet the planned outcomes as documented in the Impact Plan.

Safe Practice

Everyone has a duty under health and safety guidelines to ensure P.E. activities are carried out with due regard to the safety of staff and pupils in line with the Unit, LA and Health and Safety policies. Risk assessments are prepared by class teachers and the Headteacher. These risk assessments follow LA guidance and there are designated teachers with EVC Leaders training.

Our safe practice includes:

- Staff carry out risk assessments with the pupils at the start of all P.E. lessons
- All equipment and the environment is checked before the start of the lesson and is the responsibility of the teachers.
- Pupils are given health and safety guidance through the lesson.
- All jewellery is removed and stored safely before each lesson (stud earrings can be covered by tape).
- All long hair is tied back.
- Suitable clothing is worn for each lesson.

When travelling to P.E. activities the health and safety remit is followed for the use of transport.

Inclusion & Equality

All pupils at The Beacon PRU are given equal opportunities to access the P.E. curriculum regardless of race, sex, religion, ethnic group, culture or ability. Our planned P.E. curriculum is intended to be well-balanced and able to meet the physical and social needs of all our pupils, thus allowing all pupils, irrespective of ability, to succeed.

The action necessary to respond to an individual pupil's requirements for curriculum access is met through greater differentiation of tasks and materials, consistent with unit-based interventions as set out in the SEND Code of Practice. Specialist equipment, approaches and/or alternative activities are provided when necessary following advice and support from external specialist support agencies or with provision documented within a pupil's EHCP. All staff involved in the P.E. lesson are aware of all pupils SEN and medical conditions. The SENCo liaises with all staff to ensure all pupil needs are met in relation to teaching and learning in P.E.

Monitoring & Evaluation

The monitoring and evaluation of the P.E. curriculum will be carried out in the following ways:

- By the P.E. coordinator meeting with class teachers and external coaches to discuss their plans and match them against the P.E. curriculum expected outcomes.
- Supporting staff in the teaching of P.E. by being informed about current developments in the subject.
- By evaluating the strengths and weaknesses of the subject and identifying areas that need further development.
- By carrying out lesson observations
- By completing staff and pupil reviews following each PE unit
- Through Parent Voice questionnaires
- Through Pupil Voice meetings