



Physical Education Policy			
Reviewed by	Julie Rigby	Authorised by	WGB Committee
Last Review	Spring 2026	Date	March 2026
Next Review	Spring 2029	Review Cycle	3 years

1. Introduction

Freegrounds Infant School is a Rights Respecting school. Children and adults work together to recognise and act upon the rights of the child within our school, our local community and the wider world. We believe that by understanding their own rights children learn to respect and value the rights of others. This policy exemplifies these rights and our practice aims to ensure that the following rights are adhered to:

Article 23 Every child has the right to special education and care if they have a disability.

Article 29 Education must develop every child's personality, talents and abilities to the full.

2. SPECIAL EDUCATIONAL NEEDS AND EQUAL OPPORTUNITIES

Freegrounds Infant School is committed to offering equal opportunities for all, regardless of race, religion, gender, ability or disability.

3. RATIONALE

Physical activity not only improves health, reduces stress and improves concentration, but also promotes physical development. Exercise has a positive influence on academic achievement, emotional stability and interaction with others. Therefore, both teachers and children should be aware of its importance.

4. AIMS

1. To promote a healthy and fulfilling lifestyle by developing self-motivation to take part in physical activity outside school as recreation:

- By developing a positive attitude and interest in a wide range of physical activities.
- By raising awareness of issues regarding Health-Related Fitness.

2. To contribute to the physical development of each child: size, strength, fitness, speed, gross and fine motor skills.

3. To contribute to the intellectual development of each child through aesthetic appreciation and understanding of Dance and Gymnastics.

4. To help establish the individual child's self-esteem and confidence.

5. To develop social skills (co-operating in groups, playing fairly to rules).

CURRICULUM INTENT

At Freegrounds Infant School we provide a PE curriculum which is accessible for all children regardless of ethnicity, gender or disability. We strongly believe that high-quality PE lessons inspire all children to succeed in physical education and in developing a healthy lifestyle. This in turn motivates them to become physically confident in a way which supports their health and fitness.

Our curriculum design allows children to develop their subject knowledge, skills and understanding whilst promoting their spiritual, moral, social, cultural and mental development which prepares them for future opportunities and experiences.

At Freegrounds Infant School children learn fundamental PE skills through working and playing with others in a range of group situations promoting tolerance, acceptance and inclusion. Children will develop and perform skills, applying rules and conventions for different activities. Through careful planning, using a diverse range of music, inspiration and role models, our children have the opportunities to develop an understanding of how to succeed in a range of physical activities at their own level and how to evaluate their own personal success.

We aim to increase and develop children's PE skills, through an inclusive, broad and balanced PE curriculum that ensures ALL children will benefit, whether through enhancing existing skills, learning new skills or being introduced to new sports, clubs, teams and organisations.

GENERAL WELLBEING

We aim to develop the children's health and wellbeing to enable pupils to make good decisions about their own health and wellbeing, to understand the links between physical and mental health, to recognise when things are not right in their own health or the health of others and to seek support when needed. We aim to support pupils to develop strategies for self-regulation, perseverance and determination, even in the face of setbacks

CURRICULUM IMPLEMENTATION

At Freegrounds Infant School we ensure high standards of teaching and learning in PE, by implementing a curriculum that is progressive throughout the whole school. We aim to challenge, motivate and involve all learners regardless of their ability, through PE lessons. Teachers encourage all children to develop a growth mindset and to develop enjoyment of physical activity through creativity and imagination. PE is taught through balanced blocks focusing on the knowledge and skills stated in the National Curriculum.

At Freegrounds Infant School each PE lesson builds on previously taught skills, with the opportunity to apply knowledge from another PE aspect. Teachers ensure that children are engaged in PE through providing a range of opportunities to develop their knowledge and skills. Their ability to explore, consider, reflect and review PE skills enable them to begin to develop an understanding of their bodies and fitness.

Children have opportunities to explore a wide range of sports activities including 'Balance Ability' to evoke the children's interest, creating memories and positive attitudes towards lifelong exercise. They will develop the ability to explore and respond to a variety of situations.

At Freegrounds Infant school we believe that the promotion of a language rich PE curriculum is essential to the successful understanding of a healthy lifestyle and so it is carefully planned for across the school. Quality and diverse PE resources and key aspects of PE learning and provide an opportunity for the children to explore and apply their understanding of PE and skills. Through a rich PE curriculum, the children will feel prepared and well equipped for life long well-being.

The children will learn about benefits of physical activity, time outdoors, and helping others for health, wellbeing and happiness. Simple self-care techniques, including the importance of rest, time spent with friends and family, as well as hobbies, interests and community participation.

CURRICULUM IMPACT

The impact and measure of our curriculum is to ensure that children at Freegrounds Infant School are equipped with PE skills and knowledge that will enable them to be ready for the curriculum at Key Stage 2 and for life as an adult in the wider world.

We want our children to have thoroughly enjoyed learning about PE, therefore encouraging them to undertake new life experiences now and in the future. We want our children to talk about their PE learning with passion and enthusiasm both within school and at home.

On leaving Freegrounds Infant school we want children to know more, remember more and understand more about PE and the importance of healthy living and a healthy mindset. Children will understand and use taught strategies and PE terminology and apply these alongside the PE skills that they have learnt. We want the children to recognise and respect difference in culture, religion and ways of life.

Assessment activities have been created for Teachers to assess and reflect on the learning throughout each PE block and against the carefully planned outcomes. Standards are monitored by the PE leader through learning walks, pupil conferencing and planning.

The children belong to a House Team where they can earn 'pom poms' for participating in physical activities during play time and in PE lessons to add to a team total. The children will also participate in Year Group challenges half termly throughout the year. The winning team at the end of the year receives the Active Cup.

Children will have opportunities throughout the year to participate in specialist active workshops. These interactive, hands-on, and physically engaging learning experiences allowing children to try new skills. Examples of workshops: Scooting workshops, Chinese Dance and Chance to Shine Cricket days.

The children will learn about benefits of physical activity, time outdoors, and helping others for health, wellbeing and happiness. Simple self-care techniques, including the importance of rest, time spent with friends and family, as well as hobbies, interests and community participation.

5. GUIDELINES

We will ensure:

- children to develop and explore physical skills with increasing control and co-ordination.
- children will work and play with others in a range of group situations.
- children will develop and perform skills, applying rules and conventions for different activities.

- an increase in children’s ability to use what they have learnt to improve the quality and control of their performance.
- children will recognise and describe how their bodies feel during exercise.
- children will develop enjoyment of physical activity through creativity and imagination.
- children will develop an understanding of how to succeed in a range of physical activities and how to evaluate their own success.

6. Health and Safety

- Plimsoles should be worn for all outdoor activities.
- Plimsoles should be worn for inside games that require a ball to be kicked or involve a hard, fast-moving ball at ground level.
- Hair should be tied back and piercings including earrings removed or covered with tape.

7. ASSESSMENT

Opportunities for assessing pupil’s progress in physical activities must be created through the observation of responses to tasks of:

- Acquiring and developing skills
- Selecting and applying skills, tactics and compositional ideas

Version control:	V1 Feb 26 <ul style="list-style-type: none"> • General wellbeing • Curriculum impact <ul style="list-style-type: none"> ○ Use of pom poms ○ Opportunities to engage in workshops ○ Benefits of physical activity
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