OUR LADY IMMACULATE CATHOLIC PRIMARY SCHOOL

At Our Lady Immaculate Catholic Primary School, we strive to thrive by being ready, respectful and kind every day. We do our very best in all that we do, for the glory of Christ, knowing that:

"With God all things are possible"

Physical Education Policy

Date	Review Date	Coordinator
Autumn 2026	**Autumn 2029**	**Laura Hitchen**

Headteacher:	Sophie Gibbs
Chair of Governing Body:	Catherine Squires

Vision

At Our Lady Immaculate Primary School, we recognise the importance of Physical Education in promoting healthy, active lifestyles and supporting children's physical, social and emotional wellbeing. Rooted in our Catholic values, we aim to inspire all pupils to enjoy physical activity, develop resilience, demonstrate good sportsmanship and achieve their personal best.

We are committed to providing an inclusive, engaging and challenging PE curriculum that enables every child to develop confidence, teamwork and a lifelong love of physical activity.

At Our Lady Immaculate, we:

- show respect and good sportsmanship at all times;
- play fairly and follow rules;
- celebrate effort, perseverance and achievement;
- accept success and defeat graciously;
- encourage and support others positively.

Teaching aims:

We aim to ensure that all children:

- develop competence and confidence in a broad range of physical activities;
- are physically active for sustained periods of time;
- participate in competitive sport;
- understand the importance of leading healthy, active lives;
- develop teamwork, resilience, respect and fair play;
- enjoy PE and develop a lifelong love of physical activity.

What we teach:

Curriculum and Planning

At Our Lady Immaculate, the PE curriculum is carefully planned to provide children with a broad, balanced and progressive range of physical activities across the year. Our curriculum map is designed to align with local competitive opportunities and sporting events provided through the CSSP partnership, enabling children to apply and develop skills both within lessons and through competitive sport.

Curriculum Map for Physical Education 2026-27

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Foundation	Fundamentals Unit 1	Fundamentals Unit 2	Dance	Gymnastics	Athletics	Games
Year 1	Football	Fitness	Tag Rugby	Athletics	Cricket	Tennis
	Dance	Fundamentals	Gymnastics	Dodgeball	Ball skills	Basketball
Year 2	Football	Fitness	Tag Rugby	Cricket	Athletics	Rounders
	Dance	Fundamentals	Gymnastics	Dodgeball	Tennis	Basketball
Year 3	Rugby	Ball skills	Football	Athletics	Fitness	Cricket
	Dance	Swimming	Gymnastics	Fundamentals	Badminton	Dodgeball
Year 4	Rugby	Ball skills	Fitness	Football	Athletics	Rounders
	Dance	Fundamentals	Gymnastics	Badminton	Swimming	Swimming
Year 5	Rugby	Netball	Football	Athletics	Basketball	Cricket
	Badminton	Gymnastics	Swimming	Swimming	Dance	Dodgeball
Year 6	Rugby	Netball	Football	Rounders	Athletics	Cricket
	Swimming	Badminton	Gymnastics	Dance	Dodgeball	Basketball

Progression is planned across all year groups to ensure children build upon prior learning and develop increasing confidence, competence and resilience.

The school follows the Get Set 4 PE scheme of work, which provides structured long-term and medium-term planning. Lessons include:

- a clear starter and warm-up;
- progressive skill-building activities;
- opportunities for application and challenge;
- plenary and reflection activities.

Teachers adapt planning where appropriate to meet the needs of all learners and maximise participation and enjoyment.

High-quality PE lessons will include:

- clear learning objectives;
- warm-up and cool-down activities;
- modelling and development of skills;
- opportunities for practice, evaluation and improvement;
- use of correct technical vocabulary;

- safe use of equipment and spaces.

Children are encouraged to work independently and collaboratively while developing confidence, perseverance and positive attitudes towards physical activity.

Impact:

Through PE, pupils will:

- improve their physical fitness and wellbeing;
- develop confidence and resilience;
- demonstrate teamwork and respect;
- understand the importance of healthy lifestyles;
- participate positively in sport and physical activity;
- leave primary school with the skills and motivation to remain active.

Inclusion and Equality

PE is inclusive and accessible to all pupils regardless of ability, gender, race or background. Activities are adapted to meet individual needs, including pupils with SEND and those identified as more able in sport, in line with the school's Inclusion and Equality Policies.

PE Entitlement

Year Group	Indoor PE	Outdoor PE
EYFS	1 hour	Continuous outdoor learning
Years 1–6	1 hour	1 hour

PE Kit and Safety

PE Kit

Children should wear the correct school PE kit:

- blue zipped hoodie
- navy or black joggers or leggings
- white or blue t-shirts plain or with school logo
- navy blue or black shorts
- trainers

Jewellery must be removed or covered appropriately and long hair tied back before lessons. Children without PE kit may participate as observers where appropriate. Parents may be informed if PE kit is regularly forgotten.

Health and Safety

Staff are responsible for:

- checking equipment and learning spaces;
- carrying out risk assessments;
- teaching safe practice during PE lessons;
- ensuring appropriate supervision during off-site activities.

All PE activities are carried out in line with school health and safety procedures and safe practice guidance.