

# Christ Church Physical Education and Sport Policy 2025-6



## Our Physical Education and Sport Vision Statement

***'It is health that is the real wealth and not pieces of gold or silver.'***  
**Mahatma Gandhi**

At Christ Church, we deliver high quality Physical Education. We educate and encourage children to make healthy lifestyle choices, thus contributing to their overall well-being.

We teach and promote the fundamental movement skills, agility, balance and co-ordination, along with the ball handling skills needed to take part in a variety of both individual and team sports. We support children in following their dreams to take their competitive involvement in sport to which ever level they choose, each fulfilling their own potential.

By following our school moto **'Always be Kind'**, our children understand the value and importance of team work, co-operation, perseverance and respect, through the values and Physical Education we provide.

***'Sports teaches you character, it teaches you to play by the rules, it teaches you to know what it feels like to win and lose, it teaches you about life.'***  
**Billie Jean King**

## National Curriculum Outcomes

### Early Years Foundation Stage

Physical development within the EYFS framework is one of three prime areas for learning. The two related early learning goals are:

#### Expected

- Moving and handling – Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space.
- Health and self-care – Children know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe.

#### Exceeding

# Christ Church Physical Education and Sport Policy 2025-6



- Moving and handling – Children can confidently hop and skip in time to music.
- Health and self-care – Children know about and can make healthy choices in relation to healthy eating and exercise. They can dress and undress independently, successfully managing fastening buttons or laces.

Children access a range of daily activities to develop their fine and gross motor skills and have access to a dedicated outside area. In addition to this, they also have twice weekly PE lesson.

## 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, and apply basic principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance

# Christ Church Physical Education and Sport Policy 2025-6



- 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

## Our Christ Church PE Curriculum Aims

At Christ Church we strive to ensure that all children:

- Develop and master fundamental movement skills, focussing on the core aspects of agility, balance and coordination.
- Have the ability to remember, repeat and refine actions and to perform them with increasing control, co-ordination and fluency.
- Develop an increasing ability to select, link and apply skills, tactics and compositional ideas.
- Develop the ability to work as a team player, taking the lead and learning to work collaboratively with others.
- Demonstrate our five school values through promoting a sense of fair play, positive attitudes and sporting behaviour towards themselves and others.
- Develop an understanding of the effects of exercise on the body, and an appreciation of the value of safe exercising and healthy lifestyle choices.
- Have an understanding of safe practice, and develop a sense of responsibility towards their own and others' safety and well-being during exercise and activity.
- Have the physical literacy to develop as lifelong participants in physical activity and sport.

## Curriculum Planning and Organisation

- Every class has two hours timetabled for PE each week. This can be either indoors or outdoors and can include swimming lessons, 'Forest School' or other activities that involve physical activity.
- Classes are timetabled to use either the school hall, playground or Cheltenham Ladies College facilities.
- Staff follow the 'Get Set 4 PE' scheme of work from EYFS to Year 6 which covers physical skills as well as social emotional skills to focus on the 'whole child'. Every lesson provides staff with the opportunity to simplify or extend skills as needed.
- The school's long-term planning (see separate document) for activities has been created using 'Get Set 4 PE' to ensure that there is variety of activities and sports in which to apply the clear progression of skills.

# Christ Church Physical Education and Sport Policy 2025-6



- Staff may be supported at times by external coaches from Move More, the local school sports network. This is to upskill teachers in the delivery of existing PE provision or to train teachers in the delivery of new sports when needed.
- Swimming lessons are provided by trained members of Christ Church staff at Cheltenham Ladies College swimming pool.
- Where possible, coaches from local sport clubs or secondary schools (e.g. Gloucestershire Cricket Foundation / Cheltenham College / Dean Close) provide additional opportunities for extending the PE curriculum.
- All children will be involved in some level of competition, whether this be through personal challenges, intra-school competition or inter-school events through membership to Move More, our local school sports network.
- A variety of after school sports clubs are provided, either by school staff or external providers. All children are encouraged to take part in clubs and a variety of team and individual sports are made available to children.

## Inclusion

- All aspects of PE, including after school clubs, will be taught in such a way as to include all children regardless of their gender, background, culture or physical ability. Learning objectives will be set in line with the school's Special Needs and Equality Policies.

## Role of the PE Coordinator

- To plan for and manage the spending of the PE and Sports Premium funding, ensuring that this is spent in line with government guidelines.
- To update spending reviews and impact reports termly and present these to the Head Teacher and Governors.
- To oversee the continuity and progression within annual and medium-term plans along with the use of schemes of work.
- To liaise with Move More staff and School Games Organisers to ensure maximum benefit for the children and staff from the school's membership to Move More.
- To support colleagues in their CPD through fair distribution of coaching hours from the school's Move More membership.
- To monitor the quality of teaching and learning through observations.

## Health and Safety

# Christ Church Physical Education and Sport Policy 2025-6



- All staff have due regard for the current Association for Physical Education (AfPE) PE guidance 2020 when preparing and delivering PE lessons.
- First aid equipment is available, and all staff are trained in what action to take, including calling for assistance in the event of an accident.
- Inhalers for pupils suffering from asthma are taken to every lesson.
- Children with any other medical conditions are monitored closely throughout and after PE lessons by staff.
- Regular safety checks are made on all equipment.
- The subject leader makes termly visual checks for wear and tear and security of major items, and all staff are responsible for reporting to the subject leader if any items show wear and tear.
- Any items constituting a danger are taken out of use immediately.
- All large items of equipment are inspected annually by an independent safety expert.
- Pupils are taught how to move and use apparatus safely under the supervision of a teacher or responsible adult.
- Pupils are made aware of safe practice and understand the need for safety when undertaking any activity. (e.g. carrying or moving equipment, not lifting hockey stick above the waist, not jumping or running in front of others, etc).
- Pupils are taught to understand the safety risks involved in wearing inappropriate clothing, footwear or jewellery and other body piercings.
- Teachers ensure that no jewellery is worn in lessons and long hair should be tied back. If earrings cannot be taken out, they are taped over.
- Pupils wear suitable footwear when travelling to and from the hall.
- If a child has no trainers/pumps for outdoor PE they use their school shoes (if suitable) when the activities are on the playground.

## PE Uniform

All children are expected to change for PE. This is for both hygiene and safety reasons. Outdoor PE sessions will go ahead unless the weather is deemed unsuitable for safe lessons. Children should have their PE kit in school every day.

All PE kits should be kept in a bag on children's pegs and consists of:

- House coloured T shirt with school logo
- Plain navy-blue shorts or skort
- Plain navy-blue jogging trousers

# Christ Church Physical Education and Sport Policy 2025-6



- Christ Church PE hoody or plain navy-blue sweatshirt
- Suitable trainers or pumps

Policy updated September 2025