



Aston Rowant C+E Primary School

PE Policy

Vision: To be a community of courageous life-long learners, who are rooted in God, live out our Christian values and enjoy life in all its fullness. (Col 2:1-7)

Mission: Growing together, rooted in God and inspiring one another through our values and our broad enriched curriculum.

Strapline: Growing together, rooted in God, having fullness of life (Col 2:1-7)

Date of Policy: September 2025

Headteacher Mrs H France

Date of Policy review: September 2026

Date: 20th September 2025

PE Lead: Mrs G Healy

Date: 20th September 2025

Linked Policies:

- Equal Opportunities Policy
- School Development Plan
- SEND Policy
- SEND Information Report
- Behaviour Policy

I. Intent

At Aston Rowant, Physical Education is essential to the development of the whole child - physically, socially, emotionally and spiritually. Our intent is to ensure that every child:

I.1 Develops Physical Literacy

- Builds competence in fundamental movement skills
- Experiences a wide range of activities, sports and movement forms
- Gains confidence to perform with increasing control and fluency

I.2 Enjoys Lifelong Physical Activity

- Understands the importance of active, healthy living
- Builds habits that support physical and mental wellbeing
- Leaves with the motivation, confidence and skills to be active for life

I.3 Builds Character Through Sport

Our GROWTH values are explicitly taught in PE:

- **Gratitude** – appreciating bodies, opportunities and teamwork
- **Resilience** – facing challenges with determination
- **Outreach** – sharing skills, teamwork and sportsmanship
- **Wonder** – delighting in movement and personal achievement
- **Trust** – working safely, taking risks, relying on others
- **Harmony** – collaborating respectfully and inclusively

I.4 Access for All

- PE is inclusive and ambitious for every child
- Provision is adapted to ensure success for pupils with SEND
- Barriers to participation are removed wherever possible

1.5 Breadth, Excellence & Enjoyment

Our curriculum includes:

- Games
- Gymnastics
- Dance
- Athletics
- Outdoor & Adventurous Activities
- Swimming (KS2)
- Competitions, festivals and enrichment events

PE at Aston Rowant aims to develop confident individuals who love being active.

2. Implementation

2.1 Curriculum Design

Our PE curriculum is:

- **Sequential** - building skills year-on-year from EYFS to Year 6
- **Broad and balanced** - offering a varied and high-quality diet of activities
- **Knowledge-rich** - including movement knowledge, tactics and decision-making
- **Values-led** - explicitly developing character and teamwork

It is taught twice weekly by **JR Sports specialist coaches** alongside class teachers, ensuring high-quality practice and ongoing staff development.

2.2 EYFS Foundation

- Focus on fundamental movement, balance, agility and coordination
- Use of indoor and outdoor spaces to support free-flow movement
- Encouragement of exploration, confidence and spatial awareness

2.3 Key Stage 1

- Early games skills: sending, receiving, striking, travelling
- Gymnastics with simple sequences, shapes and balances
- Introduction to dance and expressive movement
- Development of teamwork, turn-taking and respect

2.4 Key Stage 2

- Application of skills in increasingly complex games
- Tactical understanding (attacking/defending, positioning, strategy)
- Longer gymnastics and dance sequences
- Athletics techniques and improving personal performance
- Orienteering, problem-solving and outdoor adventurous activities

2.5 Teaching & Learning

PE lessons include:

- Warm-ups and activation tasks
- Explicit modelling and vocabulary development
- Skill development with progressive challenge
- Small-sided activities to maximise participation
- Reflection: self and peer evaluation
- Cool-down and wellbeing focus

Pupils are provided with clear success criteria and opportunities to lead, officiate and coach peers.

2.6 Inclusion & Adaptive Teaching

We provide:

- Modified equipment (larger/lighter balls, visual markers)
- Adapted tasks and roles
- Scaffolds such as step-by-step modelling and paired support
- Targeted intervention sessions from JR Sports

Every child is supported to participate fully and confidently.

2.7 Swimming

KS2 pupils receive swimming instruction to meet National Curriculum expectations:

- Swim 25 metres confidently
- Use a range of strokes
- Perform safe self-rescue

2.8 Enrichment

Our enrichment programme expands children's experiences through:

- **Sports Enrichment Week** (circus skills, colour run, dance, fitness challenges)
- **Local sport partnerships** (Chinnor Women's Rugby celebration, tennis coaching)
- **Inter-school competitions** (netball, football, athletics)
- **Thame Partnership Dance Festival** (including costumes)
- **Active lunchtime clubs** led by JR Sports
- **Daily movement opportunities**

Enrichment fosters excitement, aspiration and belonging.

3. Impact

3.1 What Successful PE Looks Like at Aston Rowant

Children:

- Move confidently and with control
- Show resilience when learning new skills
- Work collaboratively and communicate effectively

- Demonstrate fairness, respect and sportsmanship
- Understand the importance of being active and healthy
- Take pride in personal and team achievements
- Find joy in participation, challenge and improvement

3.2 Assessment

Assessment is ongoing and based on:

- Observation of skills and teamwork
- Self- and peer-evaluation
- Pupil voice
- Practical demonstrations
- Teacher and coach judgement

Assessment informs next steps and supports adaptation for need.

3.3 Monitoring

The PE Lead monitors through:

- Lesson observations with JR Sports
- Pupil voice interviews
- Learning walks
- Equipment and resource audits
- Staff feedback
- Participation tracking (clubs, competitions, enrichment)

Findings inform the PE Action Plan.

3.4 Outcomes

Pupils at Aston Rowant leave Year 6:

- Physically literate
- Confident in a broad range of sports
- Equipped with knowledge for healthy lifestyles
- Positive, motivated and resilient
- Ready for KS3 sport and lifelong activity

4. Roles & Responsibilities

PE Subject Leader

- Oversees curriculum, progression and policy
- Supports staff CPD and planning
- Coordinates equipment and resources
- Leads monitoring and evaluation
- Oversees Sports Premium impact reporting

Class Teachers

- Support delivery of PE in partnership with JR Sports
- Reinforce PE vocabulary, values and expectations
- Promote inclusion and differentiation

JR Sports Coaches

- Deliver high-quality PE lessons and lunchtime clubs
- Provide modelling and CPD for staff
- Lead small-group intervention and skill development sessions

Headteacher & Governors

- Ensure statutory requirements are met
- Monitor curriculum delivery and Sports Premium effectiveness

5. Health & Safety

- Lessons follow CLEAPSS and national safety guidelines
- Regular equipment audits ensure safety and maintenance
- Teachers and coaches conduct risk assessments
- Pupils are taught safe handling of equipment and safe movement practices
- Appropriate clothing and footwear are required

6. Equal Opportunities

PE at Aston Rowant actively promotes equality by:

- Ensuring all children can participate safely and successfully
- Providing adapted tasks and roles for SEND
- Celebrating all abilities and strengths
- Ensuring representation through diverse role models and sports

7. Review Cycle

This policy is reviewed every **two years**, or earlier if:

- National guidance changes
- School priorities shift
- Monitoring identifies a need for update