THE ORCHARD SCHOOL

Inspiring Success

Values: Respect, Courage, Determination

PHYSICAL EDUCATION (PE) POLICY

Rationale

At The Orchard School, we believe that Physical Education is a vital part of every child's development and contributes significantly to their physical health, emotional wellbeing, personal development and academic achievement. Through high-quality PE, physical activity and school sport, children develop competence, confidence and enjoyment in movement and acquire the skills and attitudes needed for a healthy, active lifestyle.

Our PE curriculum is delivered through the Get Set 4 PE scheme of work, which provides a broad, balanced and progressive curriculum that supports all pupils to achieve their potential regardless of starting point or ability.

Aims

Our PE curriculum aims to:

- Develop physically literate children who are confident and motivated to be active.
- Improve agility, balance, coordination and fundamental movement skills.
- Encourage teamwork, resilience and sportsmanship.
- Foster enjoyment and participation in physical activity.
- Enable all children to achieve success and make progress.
- Support children to lead healthy and active lives.

Curriculum Provision

PE is taught as a discrete subject throughout the school and is enhanced through active playtimes, movement opportunities and extracurricular clubs.

At The Orchard School, pupils receive a progressive programme of learning through the Get Set 4 PE scheme. Learning is sequenced to build knowledge, skills and understanding over time.

The curriculum incorporates opportunities for children to develop:

- Physical skills
- Social skills
- Emotional skills
- Thinking skills

These skills are embedded throughout all areas of learning and are a key feature of the Get Set 4 PE programme.

Children are encouraged to challenge themselves, collaborate with others, demonstrate perseverance and celebrate success.

Early Years Foundation Stage (Reception)

Physical Development is one of the Prime Areas of Learning within the Early Years Foundation Stage Framework.

In Reception, pupils are provided with opportunities to develop both gross motor and fine motor skills through planned indoor and outdoor learning experiences.

Children are encouraged to:

- Develop confidence in movement.
- Improve balance, coordination and control.
- Move safely in a variety of ways.
- Develop strength and body awareness.
- Handle equipment and tools effectively.
- Engage in activities that provide suitable physical challenge.

Physical development opportunities are integrated throughout the Reception curriculum and are supported through both adult-led and child-initiated activities.

Key Stage 1

Pupils develop fundamental movement skills and become increasingly competent and confident in a broad range of physical activities.

Through PE lessons, pupils are taught to:

- Master basic movements including running, jumping, throwing and catching.
- Develop balance, agility and coordination.
- Apply movement skills in a variety of contexts.
- Participate in team games.
- Develop simple tactics for attacking and defending.
- Perform dances using simple movement patterns.
- Work cooperatively and independently.
- Evaluate and improve their own performance.

Learning opportunities are designed to challenge all pupils and promote both individual progress and collaborative success.

Inclusion

All pupils are entitled to access a high-quality PE curriculum. Activities are adapted to ensure that every child can participate, achieve and enjoy success regardless of ability, SEND, medical needs, background or previous experience.

Assessment

Assessment is ongoing and takes place through observation, questioning and practical performance. Teachers use Get Set 4 PE assessment materials and progression documents to monitor attainment, identify next steps and ensure progression.

Health and Safety

Staff ensure that activities are delivered safely and that equipment is regularly checked and maintained. Pupils are expected to wear appropriate PE kit, remove jewellery where possible and follow safety instructions at all times. Risk assessments are completed where necessary, including for off-site activities.

Leadership and Monitoring

The PE Subject Leader is responsible for monitoring curriculum provision, supporting staff, managing resources and evaluating the impact of PE across the school. The quality of PE is monitored through lesson visits, pupil voice, assessment information and curriculum review.

Policy Review

Policy Owner: PE Subject Leader

Approval Date: September 2026

Review Date: September 2027