



Physical Education Policy

Newhall Infant and Nursery School

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Job Role	PE Lead Deputy DSL
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Introduction

At Newhall Infant and Nursery School, we recognise the vital role that Physical Education (PE) plays in supporting children's overall well-being, development and learning. We value PE as it promotes a healthy lifestyle, supports physical and mental health, builds confidence, resilience and cooperation, and encourages children to develop a positive attitude towards physical activity that can last a lifetime.

Our PE provision is inclusive and accessible to all children and reflects our commitment to ensuring that every child is supported to achieve their full physical potential.

Aims of Physical Education

Through our PE curriculum, we aim to:

- Develop children's physical competence, confidence and enjoyment of movement
- Promote healthy, active lifestyles and an understanding of the importance of being physically active
- Support children's physical development, coordination, balance and strength
- Encourage cooperation, teamwork, fairness and respect for others
- Develop positive attitudes towards challenge, perseverance and self-belief
- Ensure all children have access to high-quality PE experiences regardless of ability or background

Curriculum Links

Early Years Foundation Stage (EYFS)

In the Early Years Foundation Stage, our PE scheme 'GetSet4PE' supports the **Physical Development** area of learning. Our provision aligns with the EYFS statutory framework, enabling children to:

- Develop gross motor skills by moving confidently in a range of ways, such as running, jumping, balancing, climbing and throwing
- Build strength, coordination, balance and agility
- Develop fine motor skills through activities that support control and precision
- Understand the importance of physical activity and healthy choices
- Learn to manage risks and develop spatial awareness in a safe environment

Physical activity is planned through both adult-led PE sessions and continuous provision, indoors and outdoors.

Key Stage 1

In Key Stage 1, our PE scheme is aligned with the **National Curriculum for PE**, supporting children to:

- Master basic movements including running, jumping, throwing and catching
- Develop balance, agility and coordination
- Participate in simple games, applying basic principles for attacking and defending
- Perform dances using simple movement patterns
- Develop strength, flexibility and control through gymnastics

Children are encouraged to understand how physical activity contributes to a healthy lifestyle and to reflect on their own performance in a positive and supportive environment.

Teaching and Learning

PE lessons are planned to be engaging, progressive and inclusive. Lessons provide opportunities for:

- Demonstration and modelling of skills
- Exploration of movement and creativity
- Partner, group and class activities
- Differentiation to meet the needs of all learners

Teachers ensure that PE lessons are delivered in a safe, supportive and encouraging environment where children feel confident to try new activities.

Health, Safety and PE Kit

To ensure children can take part safely and comfortably in PE lessons, the following expectations apply:

- Children come to school dressed in their **PE kit on their allocated PE days**
- Suitable PE clothing includes:
 - Tracksuit bottoms or leggings
 - T-shirt
 - Sweatshirt
- Appropriate footwear must be worn, such as trainers or pumps suitable for physical activity

For health and safety reasons:

- **All earrings must be removed** before PE lessons. If earrings cannot be removed, they must be securely covered
- **No other jewellery is permitted** during PE lessons
- Children participating in **gymnastics will work barefoot** to ensure safety, stability and correct technique

Staff carry out regular risk assessments and ensure equipment is used correctly and safely at all times.

Inclusion and Equal Opportunities

We believe every child has the right to participate fully in PE. Activities are adapted where necessary to ensure inclusion for all children, including those with special educational needs or disabilities. We celebrate individual achievements and promote positive self-esteem.

Monitoring and Review

This policy will be monitored and reviewed regularly to ensure it reflects current practice, statutory requirements and the needs of our school community.