



PHYSICAL EDUCATION POLICY 2026-29

School Context

Hollywell Primary School is a modern semi open-plan primary school situated in attractive grounds on the outskirts of Nottingham. The school has a strong family ethos where staff, parents, governors and pupils work collaboratively to provide the highest-quality education and to promote a lifelong love of learning. We are committed to ensuring that all children receive an excellent start to their educational careers and develop into healthy, active and responsible citizens of the future.

PE Intent

At Hollywell, we believe Physical Education is essential for all young learners. Our aim is to:

- Inspire children to be physically active, fit and healthy.
- Develop strong fundamental movement skills.
- Encourage teamwork, resilience and enjoyment across a wide range of physical experiences.
- Ensure every pupil accesses an ambitious, inclusive and broad PE curriculum.

PE Implementation

Our PE curriculum is designed to promote healthy lifestyles, build strong personal values and ensure safe participation. It reflects national developments that strengthen fundamental movement skills, encourage inclusive participation for all learners and promote high-quality provision.

Promoting Physical Activity & Healthy Lifestyles

We teach pupils:

- To be physically active and enjoy exercise.
- To engage in activities that build cardiovascular fitness, flexibility, strength and endurance.
- Personal hygiene practices relevant to physical activity.
- The wider benefits of exercise for physical and mental wellbeing.

Developing Positive Attitudes

We help pupils to:

- Demonstrate fair play, honesty and good sporting behaviour.
- Cope with success and limitations positively.
- Understand the importance of practice and perseverance.
- Develop interpersonal skills through collaboration and teamwork.

Ensuring Safe Practice

Pupils learn:

- To follow rules, safety procedures and activity-specific etiquette.
- The risks associated with inappropriate clothing, footwear and jewellery.
- How to lift, carry and use equipment correctly.
- The importance of warming up and cooling down.

Programmes of Study

Our curriculum aligns with the National Curriculum and reflects updated national expectations regarding progression, clarity and breadth of provision.

Key Stage 1

Pupils develop fundamental movement skills, confidence and the ability to participate cooperatively and competitively in a safe and supportive environment.

Acquiring and Developing Skills

Pupils learn to:

- Master basic movements such as running, jumping, throwing and catching.
- Develop balance, agility and coordination.
- Perform simple dances using basic movement patterns.

Selecting and Applying Skills

Pupils learn to:

- Choose and apply skills in sequences and combinations.
- Work in team games using simple tactics.

3. Evaluating and Improving Performance

Pupils learn to:

- Describe and discuss performance.
- Observe, copy and refine their movements.
- Use reflections to improve control and quality.

Fitness and Health

Pupils learn:

- Why being active is important.
- How their bodies respond to different activities.

Key Stage 2

Pupils broaden and refine their movement skills, strengthen communication and cooperation, and engage positively in healthy competition.

Acquiring and Developing Skills

Pupils learn to:

- Consolidate fundamental skills while developing flexibility, strength, technique, control and balance.
- Use skills (running, jumping, throwing, catching) in more complex combinations.
- Perform with increasing consistency and quality.
- Perform dances using a wider range of patterns and styles.
- Participate in outdoor and adventurous challenges.
- Swim confidently and competently over at least 25 metres.

Selecting and Applying Skills, Tactics and Compositional Ideas

Pupils learn to:

- Plan, adapt and evaluate strategies and tactics.
- Take part in competitive games with modified or standard rules.
- Apply rules consistently across a range of activities.
- Use swimming strokes effectively and perform safe self-rescue.

Evaluating and Improving Performance

Pupils learn to:

- Understand what makes a performance effective.
- Suggest improvements based on observation and feedback.
- Work towards their personal best.

Fitness and Health

Pupils learn:

- Short-term physical effects of exercise.
- How to warm up safely and effectively.
- Why physical activity benefits long-term health and wellbeing.

Attainment Targets

By the end of each key stage, pupils are expected to know, apply and understand the skills and concepts relevant to their programme of study. Hollywell's curriculum map ensures broad and balanced coverage to meet this expectation.

School Swimming Attainment

Swimming is an essential part of our curriculum:

- All KS2 pupils receive annual swimming lessons.
- Pupils who have not met the NCC standard of Stage 7 (25m) targeted additional lessons.
- Pupils not on track are provided extended provision to close gaps.
- Swimming attainment data is published annually on the school website as required.

Our PE Curriculum Offer

The school provides:

- Competitive and non-competitive activities.
- Contact and non-contact sports.
- Individual, pair and group activities.
- A range of teaching styles and learning experiences.
- Structured progression in skills and tactical understanding.
- Equal access for all pupils, regardless of ability or gender.

PE Curriculum Planning

PE is a foundation subject and is planned through a combination of adapted schemes and bespoke medium-term plans aligned with the Hollywell PE Framework. When outside providers deliver sessions, planning is collaborative to ensure continuity and adherence to curriculum expectations.

Outdoor and adventurous activities are included through residential visits and enrichment programmes. Swimming is taught throughout KS2.

Planning is sequenced so that learning builds progressively year-on-year, with increasing challenge for pupils of all abilities.

Foundation Stage

In Reception, physical development is integral to the EYFS curriculum. Pupils are supported to:

- Develop confidence in movement.
- Gain control over gross and fine motor actions.
- Handle equipment safely and with care.
- Take on appropriate indoor and outdoor challenges.

Contribution to Other Curriculum Areas

English: pupils describe performance, provide feedback and engage in structured writing tasks.

Mathematics: pupils measure, record and compare performance.

PSHE: pupils learn about healthy lifestyles and making positive choices.

SMSC: pupils develop teamwork, respect, cooperation and appreciation of others.

ICT: digital tools support analysis and evaluation.

PE and Inclusion

PE is taught to all pupils. Adaptations ensure access for pupils with SEND, disabilities, high ability or EAL.

Risk assessments ensure safe participation in off-site activities.

Assessment for Learning

- Teachers assess continuously through observation.
- Pupils self-evaluate and set goals.
- Progress is measured against the Hollywell PE Framework.
- Annual reports are shared with parents.

Health and Safety

- Safe conduct is taught and reinforced.
- Proper PE kit is required; jewellery is not permitted.
- Teachers check equipment and facilities before sessions.

Extra-Curricular Activities

Hollywell offers a wide range of after-school clubs and sporting fixtures. Pupil Premium and SEND pupils are supported to participate fully.

Monitoring and Review

The PE Subject Leader:

- Stays aware of new national developments.
- Supports staff and leads subject improvement.
- Provides annual reports to leaders and governors.
- Evaluates Sports Premium impact.

The Senior Leadership Team monitors PE teaching quality throughout the year.

Reviewed 11/2/2026 by C Chadburn

This policy will be reviewed at least every three years.

Next Review Date: 2029