Misterton Primary and Nursery School

Physical Education

2026-2027

1 Introduction

Physical education develops the children's knowledge, skills and understanding, so that they can perform with increasing competence and confidence in a range of physical activities. These include dance, games, gymnastics, swimming and water safety, athletics and outdoor adventure activities. Physical education promotes an understanding in children of their bodies in action. It involves thinking, selecting and applying skills and promotes positive attitudes towards a healthy lifestyle. Thus we enable them to make informed choices about physical activity throughout their lives.

Misterton Primary School recognises the vital contribution of physical education to a child's physical, cognitive, social and emotional development as well as the role it can play in a child's spiritual, moral and cultural development.

Through the Government funding for sport, the school provide opportunities for pupils to work with PE specialists. The funding will support PE training by providing opportunities for teachers to work alongside specialist teachers, as well as sending teachers on courses. The funding has also been used to purchase specialised equipment for children with additional physical needs.

2 Aims and objectives

Pupils are encouraged to:

- Enjoy physical activity.
- Become skillful and intelligent learners.
- Acquire and develop physical fine and gross motor skills with increasing competence and confidence.
- Learn how to select and apply skills, tactics and composition ideas to suit activities.
- Develop their ideas in a creative way.
- Set targets for themselves and compete against others, individually and as members of a team.
- Understand how (and be able to) persevere, succeed and acknowledge others' success.
- Respond to a variety of challenges in a range of physical contexts and environments.
- Take initiative, lead activity and focus on improving aspects of their own performance.
- Discover their own aptitudes and preferences for different activities.
- Develop positive attitudes towards participation in physical activity and recognise the importance and value of exercise in their daily lives.
- Develop positive self-esteem through achievement.
- Appreciate and demonstrate fair play, honesty in competition and good sporting behaviour.
- Be given a firm foundation for life-long participation in sporting activity.
- Understand the impact that sport and physical activity can have on our overall wellbeing.
- To promote a healthy lifestyle by understanding the effects of exercise on their body and the importance of developing strength, endurance and flexibility.

Medium and short term planning focuses on opportunities for pupils to:

- Acquire and develop skills.
- Select and apply skills.
- Evaluate and improve their performance.
- Increase their knowledge and understanding of fitness and health.

- Improve their wellbeing through physical activity and developing peer relationships through team building activities.
- Be immersed in a variety of sports.

3 Organisation

A minimum of two hours per week for both key stages (this includes changing time). At Misterton Primary School, this includes a weekly swimming lesson of 45 minutes for 1.5 terms for children in KS2 taught by two qualified swimming instructors.

P.E is taught by the class teachers and our specialist sports coach from Gainsborough Trinity Academy alongside a TP.

A number of after school and lunchtime clubs are offered to children throughout the year including netball, cricket and football.

Children also take part in competitions/festivals organised by the Bassetlaw Games School Organiser, Trinity Foundation and Retford Gymnastics as well as being part of the Bassetlaw Schools Football mixed and girl's leagues.

A range of extra-curricular school clubs are offered over the year including netball, football and cricket with teachers, and coaches.

4 The curriculum

P.E planning in Key Stages 1 and 2 is based on the requirements of the National Curriculum. In KS1 the curriculum focuses on learning and acquiring skills in all areas of physical education whereas in KS2 this moves onto applying these skills in focused sporting activities such as gymnastics, dance, football, tennis where pupils are also taught specific knowledge about that particular sport.

To ensure a balanced and rich curriculum a coverage document is produced by the PE Co-ordinator to ensure a variety of games are taught over the course of Key Stage 2 to include net/wall, striking & fielding and invasion themes.

Key Stage 2 pupils also take part in outdoor and adventurous activities including orienteering and a range of activities in year 4 and 5 at an outdoor adventure centre.
The Foundation Stage children are taught the knowledge, skills and understanding through the Early Learning Goals. Opportunities to develop coordination, control and movement with a range of equipment are available on a daily basis in addition to structured lessons.

5 Teaching & learning style

We use a variety of teaching and learning styles in PE lessons. Our principal aim is to develop the children's knowledge, skills and understanding as well as promoting good wellbeing and a positive mind-set. We do this through a mixture of whole-class teaching and individual/group activities. Teachers draw attention to good examples of individual performance as models for the other children and we encourage the children to evaluate their own work as well as the work of other children. Within lessons we give the children the opportunity both to collaborate and to compete with each other, and they have the opportunity to use a wide range of resources.
In all classes there are children of differing physical ability. Whilst recognising this fact, we provide suitable learning opportunities for all children by matching the challenge of the task to the ability of the child.

Competition: There should be a balance between personal activity, self-improvement, and competition. This should include teams, groups, and competitions, which pupils make up themselves. Additional opportunities in a range of competitive activities will be provided whenever possible through extra-curricular clubs, sports day and through taking part in tournaments, competitions and leagues etc. against other schools.

6 Assessment

Assessment in P.E. is made against the key objectives identified for each block of work. Attainment and progress is judged against the end of year grade descriptors.

This is achieved via Teacher assessment through: -

- Practical tasks directly observed by the teacher, assessing learning objectives.
- Small group discussions related to a practical task.
- Videos on iPads at the beginning and end of each term.

Parents receive a detailed annual end of year report, which includes references to achievement, progress and areas for development. Two formal parents meetings in the Autumn and Spring terms provide opportunities for discussion.

7 Monitoring & review

We monitor teaching and learning in the same way as we do all the other curriculum areas that we teach in the school. The head teacher also reports to the governing body on the PE curriculum. The governor's strategic committee has a responsibility for monitoring the success of the Sports Provision.

8 Safety

Indoor and outdoor PE kits to be worn as appropriate. Indoor PE is done in plimsolls or trainers. Trainers must be worn for outdoor sports. In KS2 long socks and shin pads must be worn for all football and hockey activities, including lessons, clubs and competitions, to minimise the risk of lower-leg injuries. Trunks or one piece swimming costumes should be worn for swimming in compliance with the authorities' policy.

All items of jewellery **must be removed** for swimming, PE, games and any other physical activity. **Children need to be able to remove these themselves.**

Those children that are not able to participate in PE on medical grounds will take part in an adapted activity and/or undertake a different role (e.g. officiating or coaching).

If children do not bring in a PE kit they have an active coaching role within the lesson.

All PE equipment is regularly inspected and maintained.

9 Links to other policies

- EYFS Policy
- Teaching & Learning
- Assessment
- SEND / Inclusion
- PSHE

10 School Games Mark

In 2026 Misterton achieved the silver School Games Mark, in order to achieve this we:

- Promote regular physical activity
- Provide competitive opportunities
- Develop pupil leadership
- Support key transition stages
- Engage the wider school community
- Demonstrate inclusion

Misterton's SGO is Kate Voice for Bassetlaw.

Policy Review Date: September 2027

Policy Completed by: Mrs Kerri Blessed- PE Co-Ordinator