



Ribby with Wrea Endowed C. E. Primary School

Physical Education Policy

Prepared by: M. Hall
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In support of our mission statement

To encourage all children to develop as confident lifelong learners, to be curious about the world around them and to achieve their full potential within our safe and caring Christian school family.

Our aims in teaching P.E. are that all children will:

- Be physically active and find enjoyment in physical activities. Pupils will be entitled to two hours of physical activity lessons each week.
- Develop lasting physical skills, habits and interests that will promote a healthy and active lifestyle.
- Develop positive attitudes to physical endeavour including perseverance, competition, fair play and sporting behaviour, and the ability to cope with success and failure.
- Learn how physical exercise affects the body.
- Understand the need for safe practice in physical activities and knowledge to achieve this.
- Learn how to plan, perform and evaluate actions, ideas and performances to improve their quality and effectiveness.

Objectives

At Ribby with Wrea we will achieve our aims by:

- The careful planning and teaching of an inclusive, broad PE curriculum by the class teacher, swimming teacher or other coaches employed for that purpose.
- Providing a range of equipment and resources and professional development for the effective teaching of PE and experience of the pupils.
- Ensuring a fair timetable for all classes to use the hall or outdoor space and equipment.
- Listening and responding carefully to the needs of our children and regularly assessing how schemes of work are progressing.
- Offering the pupils the chance to self evaluate and set personal targets, through support and encouragement to achieve their full potential. Every child should have a feeling of success.

Curriculum and School Organisation

Throughout the school pupils will experience individual, group and whole class teaching during PE. Work is structured to the age and ability of our children, including those children with special needs and those identified as being gifted and able.

Teaching Assistants are used in PE to assist:

- Pupils in changing into suitable kit.
- By accompanying teams to matches.
- Ensuring children with SEN are fully supervised during normal PE lessons and on Sports Day.
- Assisting with assessment of progress and recording of evidence

Safety, Dress and Equipment

Ribby with Wrea Endowed CE fully supports and follows the procedures identified in the 2025 edition of AFPE -safe practice in PE and School Sport.



The [Association for Physical Education \(AfPE\)](#) recommends removing all jewellery, including earrings, for physical education (PE) lessons to ensure safety. Schools should have a policy where children remove earrings before class, and if they are unable to do so independently, it is the parent's responsibility to remove them beforehand. Taping over earrings is not recommended as a safe solution, and children who cannot or will not remove their earrings may have to take on a non-participating role in the lesson.

AfPE guidance on earrings in PE (which is followed at Ribby with Wrea)

- **Removal is required:** AfPE strongly recommends removing all jewellery, including all piercings, to create a safe working environment for PE.
- **Parental responsibility:** It is the parent's responsibility to ensure their child removes earrings before school on PE days. Schools will not remove or tape earrings for the child.
- **No taping:** Taping over earrings is not recommended as a safe solution because tape can fall off and the risk of injury remains.
- **Alternative participation:** Children who cannot remove earrings will not be permitted to take part in the physical activity. They must be offered an alternative role, such as a referee or scorekeeper, or take part in theory-based activities.
- **Recent piercings:** Children who have recently had their ears pierced and are unable to remove the jewellery may not be permitted to take part for a period of up to six weeks, after which they will be expected to remove them.

Why removal is necessary

- **Risk of injury:** Wearing earrings can pose a safety hazard during physical activity. There is a risk of tearing the earlobe or other injuries if a collision or contact occurs.
- **Teacher's duty of care:** Schools have a duty of care for student safety and cannot be held responsible for jewellery.
- **Legal responsibility:** In cases where taping is used, the teacher supervising the group has the legal responsibility to ensure the taping is effective, which can be difficult to guarantee.

Exceptions to the rule of removing all personal effects should be closely managed. Discretion will be considered in the case of children of different races, cultures and faiths, but without compromising important school policies such as school safety or discipline.

- Girls should remove tights.
- Long hair should be tied back.
- Pupils should be encouraged to have unbreakable lenses if they wear glasses.

The kit recommended by the school for gymnastics, dance, athletics and games is green and yellow shorts and T-shirt with school badge, these should be close fitting.

It is also recommended that children work in bare feet during dance and gymnastic activities and wear trainers for games activities.

School netball and football kit is available to pupils chosen for school teams. Parents and pupils are asked to return the kit in a good, clean condition as soon as possible after the match. School jackets are also available for use at the discretion of the class teachers. Again, pupils are asked to return them in a clean condition.

Pupils will not be asked to undertake any PE activity without the correct safety equipment e.g., football shin pads.

Pupils are to wear PE Kit to school on the appropriate PE days for their class. This allows for a smoother transition to PE activities and makes better use of the time allocated for every lesson. Although pupils may become hot and sweat this is no different to lunchtime activities where they continue to wear school uniform for the remainder of the day. Most PE lessons take place in the afternoon so pupils are able to change from PE clothing within a short period of time at home.

The health conditions of each child should be known by the teacher, both temporary or long term and any immediate medication should be easily accessible, see Medical Policy.

Equipment must be suitable for the task, age and ability of the child. It is essential that children are taught correct methods for transporting large equipment and the teacher must be in complete charge of the situation at all times. *See separate policy.*

The teacher checks equipment initially and then by the children before and during PE. Appropriate storage of equipment and apparatus should always be supervised by the class teacher.

A recognised company checks gymnastic apparatus annually and their recommendations are strictly adhered to.

Transport to matches and sporting events is usually provided by staff or hired transport and on rare occasions parents who have rear seat belts in their cars, booster seats as necessary and insurance cover stating the use of transporting children for work purposes. Permission is sought from parents of children involved and the required Form 8a and 8b is completed by parents. Emergency contact numbers are then taken to matches.

All PE consists of warm up and cool down sessions to prevent accidents. However, in the event of an accident the teacher will send a child immediately for the Headteacher or another member of staff. A first aid kit should be taken across to the Green and also away to sporting events. First Aiders will regularly maintain these kits. Walkie Talkies are used for when groups are on the Green to ensure contact with school, along with members of staff.

Achievements

Excellence in PE is celebrated in display and performance including:

- Participation in sporting competitions, including football, netball, athletics, kwik cricket, tag rugby, rounders. Swimming and many other sports.
- Discussing and celebrating participation in sports matches during merit assemblies.
- An Annual Sports Day event involving all pupils.
- Presentation of swimming / sporting certificates and Sporting Colours
- Display of winning trophies and photographs in school, in local press and in the church magazine.

Special Educational Needs / Inclusion

At Ribby with Wrea, pupils with special needs are able to develop confidence and express their feelings through PE. Physical activities provide excellent opportunities to develop fine and gross motor skills. All pupils should be fully involved in the lessons according to their ability.

We operate an Inclusive Policy; therefore pupils with Medical needs will be supported appropriately. Reinforcement or extension work could be incorporated into the child's learning programme through homework activities, extra-curricular clubs or consultation with Parents / Guardians.

Professionals and PE

Ribby with Wrea welcomes professional sports coaches both during the school day and for extra curricular activities. The school ensures all visiting sports providers have current qualifications at Level 2 of the National Body, in their chosen sport, have suitable insurance and have been police cleared (DBS) for working with children. Parent volunteers will also be subject to the same checks. Outside organisations who operate as Independent Service Providers, who hire our facilities during school holidays and out of school hours and where parents have paid for a service are subject to their own public liability insurance and safeguarding procedures. Ribby with Wrea School accepts no responsibility for such clubs.

Equal Opportunities

All children at Ribby with Wrea School have equal access to the PE curriculum.

Recording and Assessment

The whole PE programme will be constantly monitored and reviewed primarily by the Subject Leader in conjunction with the teaching staff. The PE Passport App and Desktop site are used to track pupil progress, record videos and photographs of activities and provide assessment data for the subject leader.

Reporting to parents consists of a Parents evening and a written annual report. Informative summative assessment is carried out through teacher assessment when applicable both by staff and outside coaches.

Assessment takes place in all lessons and the core tasks are assessed at the beginning of a new activity and assessed again at the end of the series of progressions. This allows for progress to be monitored and pupil progress is clearly identified.

ICT and PE

Where appropriate opportunities should be made for ICT to enhance the PE curriculum. This could be videoing a dance lesson, taking digital photographs or recording videos and photographs on the school phone and Ipads. The school PE Curriculum is found on the PE Passport APP and desktop version and accessible on staff PE Ipads and laptops (5 in total)

Resources

There are no classroom resources for PE, all are held centrally either in the Hall or in the playground sheds.

The PE Subject Leader is allocated a budget with which to purchase replacement / new items. Since 2013 this has been ring fenced within the School Sport Premium and is reviewed annually. When this funding is withdrawn by the Government, applications to the Governing Body and Headteacher will be required to secure funding for resources.

Resources will also be bought and maintained for lunchtime play. The Lunchtime Supervisor in conjunction with the PE Subject Leader will discuss and review this at regular intervals.

Swimming Policy

The teaching of swimming at KS2 is a statutory requirement for all schools. This means that the school is required under education law to teach swimming but also that parents must ensure that they give their children full access to the swimming curriculum. It is also an important life skill that all children must learn.

Swimming Activities and Water Safety

Pupils should be taught to:

- a) Pace themselves in floating and swimming challenges related to speed, distance and personal survival
- b) Swim unaided for a sustained period of time over a distance of at least 25m
- c) Use recognised arm and leg actions, lying on their front and back
- d) Use a range of recognised strokes and personal survival skills (for example, front crawl, back crawl, breaststroke, sculling, floating and surface diving).

Swimming Arrangements at Ribby with Wrea CE Primary School

Year 4 will commence swimming lessons at the start of the academic year and will continue to the end of the Spring Term, this provides a continuous progression of instruction over 2 terms (approximately 25 weeks).

Year 3 will swim during the Summer term (12-14 weeks). This introduction to the school's swimming instruction will then be continued when the children enter Year 4 the following academic year. In total pupils will receive one full year (3 terms) of swimming instruction.

All lessons are held at Ribby Hall Sports Centre and take place every Wednesday 12.45-3.15pm in 2 groups of pupils.

The pupils are transported to and from Ribby Hall by hired coach/ buses and leave at 12.55pm and returning at 2pm or leaving at 1.45 and returning at 3.15pm (or collected by parents from Ribby Hall Sports Centre). The class is accompanied by 2 members of school staff and there are 2 instructors, one in the water, at Ribby Hall.

School staff supervise the teaching of groups and a lifeguard is present pool side in case of emergency.

Attendance

All parents **must** ensure that their children attend all allocated lessons. As swimming is a statutory part of the National Curriculum, parents do not have the right to withdraw their children from this, unless the children has a Statement of Special Educational Needs.

Children are encouraged to be independent and responsible in terms of organising their swimming kits and ensuring the correct equipment is brought to school.

Children who forget their swimming kits will be required to remain at school and undertake additional studies involved with swimming and water safety, English or Mathematics. There may also be some sanctions in accordance to the school's behaviour policy and parents will be informed regarding incorrect equipment being brought to school.

If a child is unwell or cannot attend swimming lessons for a particular reason then written notification **must** be provided to the school before the swimming lesson is due to take place. If no written notification is received by 9.30am then the child will be taken to Ribby Hall and will take a full and active part in the lesson.

Parents of children returning from an illness that would prevent them from swimming or with on-going medical concerns which would prevent swimming from occurring for 2 weeks or more **must** provide the school with medical evidence of the illness/medical condition. This should be in the form of a Doctor's letter stating the medical grounds and why the child cannot attend swimming.

Equipment and Goggles

Children will need to bring with them a towel and swimming costume.

Boys must wear swimming trunks and not board (surf) shorts.

Girls must wear a full 1 piece swimming costumes and not halter necks.

Swimming caps are encouraged to be worn.

The school follows the advice from the ASA and the STA, which is as follows:

Children do not wear goggles during swimming lessons.

However, it is recognised that for some children, medical or associated reasons necessitate the wearing of swimming goggles in order to participate and in these cases parents/carers should:

Complete the appropriate reply slip of the swimming goggles letter, ensuring they sign both reply slips as one is retained in school.

Only purchase goggles that meet British Standards

Ensure that the goggles fit the child correctly

Ensure the child has received adequate instruction, prior to participation, as to the fitting and adjustment of the goggles.

Be aware that teachers will not be responsible for the fitting of goggles to the children.

If a child does not have their swimming equipment in school then they will be able to borrow a school set consisting of a towel and costume. Parents will be informed by letter if their child fails to have their own swimming kit in school.

Changing

The children will change in the Family changing rooms at Ribby Hall Sports Centre and are provided with cubicles.

Children wearing stud earrings will be asked to remove them before being allowed to swim. Parents should teach their child/children to remove stud earrings unaided or leave the earrings at home on Wednesdays.

No food or drink may be consumed in the changing rooms or on route to Ribby Hall Sports Centre. (Children may eat a snack after having returned to school).

No talcum powder or aerosols are allowed in the changing rooms.

Behaviour, Health and Safety

Ribby Hall Sports Centre is a public place of work and should be treated as a classroom with the same rules regarding behaviour.

The swimming instructors have overall responsibility for the teaching, discipline and safety of the children when in the water. All other adults on the poolside during a session must defer to their authority. School staff have responsibility during travel, changing and any time whilst waiting to enter the pool.

When the whistle is blown, there should be silence in the pool and surrounding area.

There must be NO running, jumping or diving.

If rules are not followed and behaviour on the coach, in the changing rooms or in the pool do not meet the high standards expected of all children at Ribby with Wrea CE Primary School then children may be withdrawn from a future lesson and will be subject to the school's behaviour policy.

Swimming is an important life skill and should be encouraged by all.

School Sport Values and our School Christian Ethos and Values

At Ribby with Wrea CE Primary School our Christian values are embedded throughout our curriculum activities and extra curricular clubs and events. Staff lead by example displaying the Christian values in all activities and our pupils are rewarded and praised for displaying the same characteristics and promoting the Christian ethos of the school.

In PE we offer the opportunity for pupils to show development of their Christian Values by:

- Developing a deeper understanding and appreciation of their own physical uniqueness
- Understanding how the body can be used creatively to express the inner life of the individual
- Considering issues of fairness and morality in the context of games and sports e.g. the necessity for rules and adherence to them by everyone.
- Reflection on responsibility for others e.g. importance of working as a team, appreciation of health and safety issues.
- Learning to trust themselves and others
- Striving to achieve their best and reach their potential
- Appreciating the positive and negative impact of competitiveness and importance of gamesmanship.

The school has gained the Sainsbury's School Games Award at Platinum level in 2024-25 and this is a celebration of the positive sporting achievements and dedication to sport development throughout the school.

As a school receiving this national award, several key qualities are highlighted through sport. These are replicated in our Christian beliefs and show the importance of developing sport and physical activity in our school while promoting the Christian ethos.

Christian Values		School Games Values
Courage		Determination
Truthfulness		Honesty
Creativity		Passion
Respect/Reverence		Respect
Humility		Self belief
Friendship		Teamwork
Compassion		
Thankfulness		
Hope		
Peace		
Forgiveness		
Generosity		
Trust		
Wisdom		

Perseverance		
Service/Devotion		
Responsibility		

As a school we celebrate the achievements made by our pupils through sport and hold a School Games Day each year, consisting of House matches and events. This event links the Sainsbury's School Games Values with our Christian beliefs while offering Leadership and Sporting opportunities for pupils.

School Sport Premium

The Sport Premium was introduced during the academic year 2013-2014 and has continued to be received annually. It has had a very positive affect on pupils' confidence and sporting progress and ability. An update of the funding uses and impact can be found on the school website and the Governing Body are updated the funding allocation and implement nation in termly meetings.

Records are maintained for all pupils in the school showing the extra-curricular clubs they have attended and the activities in which they have represented the school. A large improvement in attendance of sporting clubs and representation of the school has been seen through new initiatives and activities offered through the Sport Premium.

Case studies of pupils have shown how representing the school has boosted self-belief and confidence and this has seen class-based work improve as the confidence and new self-belief have helped lift their academic ability.

Please read this in conjunction with our Equality Policy. Also our requirements for the use of AI in line with our Online Safety Policy