

# Ludgershall Castle Primary School



## PHYSICAL EDUCATION

Policy

2025



Our shared vision for Ludgershall Castle Primary School is of a happy, vibrant learning community, improving together. We are working with pupils, parents and the wider community to create the supportive atmosphere of trust and mutual support in which we all thrive.

‘Learn, Have Fun, Succeed’ are carefully chosen words that encapsulate the aims of our school.

- ☆ We want learning and teaching to be fun for all
- ☆ We ‘have a go’ and try our best; we celebrate our successes
- ☆ We want to care for and respect everyone in our school; everybody matters
- ☆ We want school to be a safe place for everybody
- ☆ We know that learning is for life, not just for children
- ☆ We all want to be good citizens

### Vision

At Ludgershall Castle Primary School, we recognise the importance PE plays in the curriculum and are committed to providing all children with opportunities to engage fully in all aspects of PE. We want all children to have knowledge and understanding of PE and fully appreciate the impact it has on fitness and healthy lifestyles. We want children to develop sportsmanship, fairness and respect through the sports and activities they undertake.

### Why study PE?

Physical activities have a huge impact on children’s health and well-being. Not only does exercise improve a child's overall health and fitness it helps to improve their mental health and cognitive development as well, by doing physical exercise, children are more likely to concentrate and maintain focus in lessons.

### National Curriculum

#### The National Curriculum for PE

A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect. We hope that, through the sporting opportunities and physical activity we offer, the children will develop a love and passion for sport and continue this into their later lives.

## Aims

The national curriculum for physical education aims to ensure that all pupils:

- develop competence to excel in a broad range of physical activities,
- are physically active for sustained periods of time,
- engage in competitive sports and activities
- lead healthy, active lives

## Our Intent

PE should be fun, inspiring and engaging. PE should be a broad and balanced curriculum that satisfies the requirements of the National Curriculum. We use Rising Stars, Champions scheme, which is a holistic approach to the teaching of PE which improves fitness, develops skills and deepens knowledge of health and wellbeing.

- We aim to provide 2 hours of high quality physical activity per week for all pupils.
- We aim for all pupils in Years 4, 5 and 6 to have swimming lessons
- We aim to provide an environment in which pupils enjoy and are committed to sports.
- We aim to ensure pupils understand that physical activity is an important part of a healthy lifecycle, including social and emotional well-being.
- We aim to provide all pupils, irrespective of ability, opportunities to experience and succeed in a wide range of sporting activities.

We aim to provide opportunities, within school and between schools, for pupils to participate in a range of competitions, as individuals and as part of a team.

- We aim to provide an out of hours programme of activities to extend and enrich curriculum provision.
- We aim to establish good habits including an awareness of safety and hygiene and responsibility for PE equipment.

## Our Implementation

At Ludgershall Castle Primary School, children follow Learning Ladders where children enter, develop and then become secure with the learning statements. We believe Learning Ladders have the potential to impact the progress and attainment of our children, as they are developing a responsibility for their own learning. The Learning Ladders we use at Ludgershall Castle Primary School show progression and follow the National Curriculum objectives for PE using Rising Stars Champions.

We encourage children to dress appropriately and safely in a PE kit including dark shorts, a white top and appropriate footwear/trainers

This is reflected in our Early Years Foundation Stage learning ladder:

Gymnastics	Revise and refine fundamental movements
	Can travel in different ways: rolling, walking, jumping, running
	Use apparatus to climb up and down
	Perform different movements

	Can perform a balance
Dance	Can change directions while travelling
	Link actions together
	Can copy short phases
Games	Can move into a space
	Can stop a ball with their feet
	Can pass a ball using their feet
	Can catch a ball
	Can throw a ball
Athletics	Can jump: Both feet together
	Can throw in a straight line using underarm/overarm
	Can run 20m
	Can sprint 10m

## PE Key Stage 1

In the Key Stage 1 Curriculum, the National Curriculum encourages pupils to be taught to develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Pupils should be taught to:

Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities participate in team games, developing simple tactics for attacking and defending perform dances using simple movement patterns.

Gymnastics	Create different shapes
	Balance on hands, feet or seat
	Can copy stretching movements for different parts of the body
	Perform different rolls
	Combine simple balances
	Can travel in different directions
Dance	Link two or more actions
	Copy short phrases
	Can perform simple movement patterns- travel and change direction, turn
Games	Beginning to understand simple tactics for attacking and defending
	Can move into a given space within a game
	Stop a ball with feet before passing
	Hit a ball with a tennis style bat or racquet
	Move to a space to catch a ball
	Pass a ball using overarm, under arm and bounce pass
	Pass and receive a ball to a partner using hands or feet
Athletics	Jump side to side, both feet or one foot to one foot
	Use various throws to throw items
	Run 40m
	Sprint 20m

## PE at Key Stage 2

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Pupils should be taught to:

Use running, jumping, throwing and catching in isolation and in combination  
play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis] and apply basic principles suitable for attacking and defending develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] perform dances using a range of movement patterns take part in outdoor and adventurous activity challenges both individually and within a team compare their performances with previous ones and demonstrate improvement to achieve their personal best.

This is reflected in our Lower Key Stage 2 learning ladder:

GYMNASTICS	Can create different shapes when balancing
	Balance using hands, feet or seat
	Can copy stretching movements for different parts of the body
	Perform simple rolls e.g. forward, pencil, teddy-bear
	Can copy short movements to combine simple balances
	Travel in different ways e.g. jumping, skipping, walking, leaping
DANCE	Can link two or more actions together
	Can copy short motifs (a short phrase, movement or gesture)
	Can perform dances using a range of movement patterns
GAMES	Is beginning to understand tactics in a game
	Can apply basic principles suitable for attacking and defending
	Begin to understand and play competitive games
	Can stop a ball with feet before passing it
	Can hit a ball with a tennis racquet or bat
	Can move into a given space to catch a ball
	Throw a ball underarm, overarm and use a bounce pass
	Pass a ball to a partner using hands and feet
ATHLETICS	Can jump: side to side, both feet together, one foot to the other
	Can use underarm and overarm to throw
	Can run 80m
SWIMMING	Sprint up to 40m
	Can submerge their head under water and blow bubbles
	Can climb in and out of the pool unaided
	Can tread water
	Can safe self rescue

	Can use a range of strokes effectively, front crawl, back stroke and breast stroke
	Can swim 10m on their front and back without stopping
	Can swim competently and confidently over a distance of at least 25m

It is also reflected in our Upper Key Stage 2 learning ladder:

GYMNASTICS	Can select the most appropriate ways to travel from one balance
	Create sequences that have changes of speed and level
	Hold different positions when balancing and use different shapes
	Can perform a range of balances with a high level of control
	Lead others in a stretching routine to prepare for gymnastics
	Can perform actions in and out of rolls
DANCE	Can explore different styles of dance and develop short routines
	Choreograph short routines
	Perform longer routines from memory adding expression
GAMES	Call out for a catch in a game
	Choose the most appropriate throw to use within a game
	Select the most appropriate person to pass to in a game
	Hit a ball into a space to help increase score within a game
	Can dribble a ball in different directions and avoid obstacles
	Help other members of the team to find space within the team
	Can use a range of attacking and defending skills when playing a team
	Can play competitive games effectively
ATHLETICS	Can run longer distances knowing when to use a sprint
	Change body shape to decrease air resistance
	Use the correct action to throw a javelin, shot put and discus
	Can use various jumps
	Can reflect on their performance to improve and achieve their personal best
	Can run 100m
	Can sprint 80m