



La Houquette Primary School - Physical Education Policy

La Houquette Vision

Happy Learning Partnership

Successful Learners Confident Individuals Responsible Citizens Effective Contributors

Healthy and Active Safe and Nurtured Included and Respected Reaching their Full Potential

Intent

Our Physical Education (PE) curriculum is designed to foster physical literacy by nurturing a lifelong, positive relationship with movement and physical activity. We aim to support the holistic development of every child through inclusive and meaningful experiences that promote physical, emotional, and social well-being. The curriculum is thoughtfully structured to build and progress these elements across all areas of PE.

Implementation

We deliver our PE curriculum through a structured, engaging approach using Get Set for PE as a basis for our planning and ensuring that plans are rigorously mapped against:

- The Bailiwick Curriculum: Ensuring local educational alignment.
- Physical Education Entitlements: Guaranteeing that every pupil meets the specific knowledge and skill benchmarks required for success.

The curriculum is built on a progressive skill-based model that ensures variety and depth across all Key Stages.

- **Scheduling:** Pupils receive two weekly lessons, rotating through two different

sporting disciplines every half term (Dance, Gymnastics, Outdoor Sports, and Team Games). Integration of initiatives like the "Daily Mile" or active brain breaks are encouraged to reduce sedentary time.

- **Progression Framework:** Units are planned to balance cognitive understanding, emotional confidence, and physical competence.
- **Specialist Instruction:** Delivery often involves a mix of classroom teachers and specialised sports coaches to ensure high-quality technical instruction.
- **Development Officers:** The SDO supports fundamental skills in EYFS/KS1, while Sport-Specific Officers provide equitable coverage for Y4–Y6.
- **Swimming:** Dedicated blocks of swimming lessons are planned for the summer term in our own pool and ensure progression of skills as well as water safety.
- **Inclusivity:** Activities are differentiated (STEP principle: Space, Task, Equipment, People) to ensure every child—regardless of ability—can participate and find success.
- **High Quality Inclusion (HQIP):** Strategies are consistently applied to remove barriers to participation.
- **Vocabulary:** Sport-specific terminology is embedded in lessons and reinforced through visual aids to ensure language accessibility.
- **Clubs:** There is a diverse range of after-school and lunchtime sports clubs.
- **Inter-School Sport:** Participation in the Guernsey primary schools' sports circuit is facilitated allowing students to represent the school in football, netball, triathlons, cricket and athletics.
- **Targeted Interventions:** Class teachers, ALNCO and the SDO identify specific needs to provide fluid 1:1 support.
- **Playtimes:** We care about encouraging all children to stay active. All children have the opportunity to manage risks in a safe environment.

Impact

At La Houquette, success isn't just about the trophy cabinet; it's about the "whole child." We focus on building a positive mindset, resilience, and teamwork skills that pupils will use long after they leave us.

We track growth across three main pillars:

1. Motor Competence: How well children move and control their bodies.
2. Rules & Tactics: Understanding the "how" and "why" of different sports.
3. Healthy Participation: Developing the habits and self-awareness to stay active for life.

Our assessment is a "live" process that happens in every lesson where teachers look exactly where a child needs a bit more help or a new challenge.

- **Show Me, Tell Me:** We use simple, active check-ins to see what children have mastered.

- Self-Assessment: We give pupils the tools to reflect on their own performance, building their leadership and coaching skills.
- Digital Tracking: We use *Get Set 4 PE* (GS4PE) trackers to keep a clear record of how everyone is moving forward.

Water Safety & Community

- Swimming Milestones: We use STA swim awards to celebrate progress in the pool, with a clear goal of ensuring every child can confidently swim at least 25 meters by the end of Year 6.
- Active Lifestyles: We don't just look at school hours—we keep track of how many children are joining local community clubs or after-school activities. We pay extra attention to making sure every child, regardless of their background or challenges, has a chance to get involved.

Safeguarding

Changing Room Rules

- At least two adults must always be present; volunteers must never be left alone with children.
- Any physical assistance must be done in open view of other staff, never in a private cubicle.

Strict zero-tolerance policy on mobile phone and camera use in changing areas

Review date: June 2026