



Addison Gardens
Blythe Road
London W14 0DT

Addison Primary School



Physical Education Policy

Summer 2025



Introduction:

Addison Primary School is committed to promoting the health and wellbeing of its pupils and staff through physical activity. This policy outlines the organisation, teaching and management of physical activity at Addison Primary School.

Ethos and Environment:

Addison Primary School strives to maximize the opportunities for children, young people and all associated with the school to be physically active by promoting all avenues for activity. This includes the curriculum, environment and wider community.

Physical Activity Policy Coordinator:

The school physical activity policy and strategy coordinator is the Healthy Schools lead teacher; however, the policy draws on the expertise of other members of staff, including the PE coordinator.

Physical Activity Aims and Objectives:

Our specific aim is:

1. To ensure that all aspects of physical activity in school are promoted for the health and well-being of pupils, staff and visitors.

Our specific objectives are as follows:

1. To enable pupils and staff to understand the importance of physical activity through the provision of information and development of appropriate skills and attitudes.
2. To provide and promote opportunities for staff and pupils to be physically active throughout and beyond the school day.
3. To increase physical activity levels of pupils in line with national targets.

Equal Opportunities:

All physical activity opportunities offered at Addison Primary School are designed to be inclusive, and cater for different ability levels.

Resource Provision:

Addison Primary School has two school halls, which are equipped with portable and fixed apparatus for gymnastics and necessary musical facilities to support the teaching of dance. For the teaching of games, there is a large playground, with markings. Years 2 - 6 are given the opportunity to use the local swimming pool on a weekly basis throughout the year. An annual audit of all physical education equipment is conducted by the PE co-ordinator in order to prioritise any necessary expenditure.

Curriculum Provision:

The P.E. programme is taught by a combination of school staff or external sports coaches, from EYFS to Year 6. Swimming is taught by qualified instructors at a local swimming pool.



Planning:

We follow the long-term overview supplied by the PE coordinator: in both key stages we teach gymnastics, dance, games, and athletics with the addition of swimming in Years 3 and 4, and of outdoor adventure activities in Key Stage 2. The scheme of work links to the objectives of the National Curriculum.

Cross curricular links:

Whilst retaining its unique contribution to a pupil's movement education, physical education also has considerable potential to contribute to a much wider areas of learning. It is considered important that physical education is integrated into the school's planning for the development of pupils' communication, numeracy, PSHE and ICT skills.

Assessment

Staff use assessment pro forma listing skills based outcomes, to assess the children at the end of each 4-week unit. Children who display a special talent in a particular sport or game are signposted to external organisations as and where appropriate.

Extra-Curricular Provision:

Break times / lunch times

The playground is marked and equipment is provided to simulate children at playtimes. A rota system is in place to ensure that all children have a fair turn on the football pitch.

There is a weekly Mayor Cup football competition for boys and girls to encourage healthy and responsible competition. The children, under the supervision of the behaviour mentor, are responsible for monitoring the equipment, and the upkeep of the equipment is monitored during the annual audit (detailed above in Resource Provision). The playground also has a trim trail and climbing frame, to encourage different types of play.

Before/Lunchtime/After school clubs

We aim to encourage all pupils to take part in a range clubs, and involve them in deciding the clubs we put on offer. Registers of clubs are kept to identify those who do not take part in (extra) regular exercise, and to make sure places are allocated fairly. Support is given to parents on Free School Meals to allow their children to take part in clubs where costs are involved. These clubs are also supported by other external providers.

Clubs include:

- Football Club
- Multi-skills Clubs
- Football Sessions for KS1 and 2 run by QPRFC
- Taekwondo
- Basketball
- Boxing



Competition

Pupils take place in a range of school competitions organised through the borough, for example:

- Swimming Gala
- Indoor Athletics
- District Athletics
- Netball High Fives
- Year 3 Football Tournament (QPRFC)
- Year 3 and 4 mixed Football Tournament (Fulham FC)

There is also an annual Sports Day, involving children from Nursery to Year 6 and opportunities to fundraise through sporting events, for example:

- Jump Rope for Heart Skipathon, for the British Heart Foundation
- Sport Relief fundraising day

School trips

The school offers a number of outdoor education experiences throughout the year including walks to the park and visits to sporting sites. All school trips across London are organised using public transport. Outdoor pursuit residential trips are also offered to Year 4 children (1 night in June) and Year 6 children (long weekend trip in October).

Active Travel:

The School Travel Plan adopts a whole school approach to encourage a reduction in car use and an increase in the number of children walking, cycling and taking public transport as part of the school journey. The School Travel Plan sets out a number of practical ways to reduce the amount of car trips made to a school, to encourage more walking and cycling, and to improve safety on the school journey. Please see the School Travel Plan for more detailed information.

As a school we use our WoW and Bike monitors to monitor the active travel of children to school on a monthly basis, as well as taking part in the walking to school week and the annual Big Pedal competition, coordinated by the PSHE coordinator.

Community Partners/Links:

The School works closely with local organisations to ensure that the sports provision is both current in its content, and is delivered at an appropriate level. We have established links with both QPRFC and Fulham FC, who both support football coaching and completion at the school. We have also established a link with Hammersmith Academy to provide a transition PE afternoon for Year 6. Other external links are also discussed in the School Travel Plan.

Staff Activity:

Our staff aspire to be positive role models for our children. Whilst not taking part in PE lessons, they promote physical activity in the classroom and on the playground, wherever they can. Staff often play informal games with the children at break time. A shower and secure Bike Sheds are also available for staff to use.



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Health and Safety:

Please refer to the school's health and safety policy and risk assessment file. Use of any external personnel including sports coaches and volunteers will be in line with the school's policy on DBS / staffing checks.

Monitoring and Evaluation:

The physical activity policy co-ordinator will have lead responsibility for the monitoring of physical activity in the school, in conjunction with the PE Coordinator. A range of measures will be used to evaluate impact of the policy in line with the above mentioned objectives including monitoring participation data.

Updated: Summer 2025

Review: Summer 2027