

THE ST. CHRISTOPHER SCHOOL

Academy Trust - Special School

Mountdale Gardens, Leigh-on-Sea, Essex SS9 4AW

Headteacher: Mr D Woodman

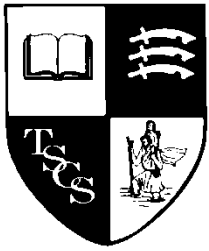
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SEN Trust Southend



THE ST. CHRISTOPHER SCHOOL ACADEMY TRUST

PHYSICAL EDUCATION (PE) POLICY – PRIMARY, SECONDARY & POST 16 SCHOOL

Latest Revision: May 2026

AIMS AND OBJECTIVES:

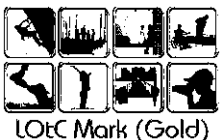
Physical Education aims to provide all pupils with meaningful, positive and accessible experiences that support their physical, emotional and social development. Through a broad and flexible PE curriculum, pupils are supported to develop physical confidence, movement skills and an awareness of how their bodies work, in ways that reflect their individual strengths, needs and starting points.

PE offers opportunities for pupils to explore, practice and apply skills through creative, cooperative and, where appropriate, competitive activities. Lessons are adapted to enable all pupils to participate, succeed and feel valued, promoting enjoyment, resilience and a sense of achievement.

Physical Education encourages pupils to develop healthy relationships with physical activity, supporting positive attitudes towards lifelong health and wellbeing. Pupils are supported to think, move and communicate in different ways, developing independence, self-awareness and confidence through inclusive, engaging and appropriately challenging activities.

WE AIM FOR YOUNG PEOPLE TO BECOME:

- o We aim to support pupils to become **successful learners** who are motivated and engaged, take pride in their achievements, and make progress from their own individual starting points, no matter how small those steps may be.
- o We aim to develop **confident individuals** who feel safe, valued and supported, and who build the skills and self-belief needed to lead happy, healthy and fulfilling lives.
- o We support pupils to become **responsible and caring members of their school and wider community**, developing respect for themselves and others and learning how to contribute positively in ways that are meaningful to them.
- o We aim to develop pupils' **self-esteem, emotional wellbeing and social communication skills**, enabling them to build positive and appropriate relationships with peers and adults.
- o We aim to encourage pupils to develop **independence and transferable learning skills**, supporting them to apply their knowledge across different activities, environments and real-life situations, both within and beyond school.



Learning Outside the Classroom



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- o We provide opportunities for pupils to become **confident and curious participants in physical activity**, supporting them to explore, practise and enjoy both new and familiar sporting and movement experiences at their own pace.
- o We support pupils to develop an **understanding of their own learning journey**, helping them to recognise success, understand their next steps and work towards personalised goals with appropriate support and guidance.

IN ORDER TO FULFILL THE ABOVE AIMS IT IS NECESSARY FOR US TO ENSURE:

- o There is systematic progression and breath through key stages Foundation, 1, 2, 3 & 4.
- o Pupils are taught to the individual level they are working at, with sports adapted to meet the next steps of their learning.
- o The curriculum content is reviewed two yearly to ensure it meets the current needs of the school's pupils.
- o Regular termly meetings amongst the PE departments main staff to discuss current, previous and future areas of development within the subject area.
- o That PE experiences are focussed to enhance learning alongside engagement.
- o That a wide range of activities are provided, so every pupil can find a place for their individual strengths.
- o That competitive opportunities against other schools are available to pupils who wish to participate as they progress through key stages.
- o Accredited courses are reviewed annually to ensure they meet the needs and challenges of our learners.

ATTITUDES:

Physical Education across the school is delivered with the aim of promoting positive attitudes towards each pupil's physical, social and emotional development. At The St Christopher School, PE is valued as an inclusive and meaningful part of the curriculum, where all pupils are encouraged and supported to participate at a level that is appropriate to their individual needs and abilities.

PE provides pupils with opportunities to develop an understanding of themselves, including their strengths, preferences and areas for development, as well as recognising and respecting personal boundaries and limitations. Through carefully planned and adapted activities, pupils are supported to experience success, build confidence and develop a sense of achievement.

Physical Education also plays an important role in helping pupils learn how to work alongside others, develop cooperation, self-regulation in new settings and communicate and respect others within a safe and supportive environment. As pupils build their physical skills, they are also supported to develop self-confidence, self-worth and resilience. This personal growth is often clearly visible within PE lessons, making them a powerful and enriching part of school life for pupils with a wide range of needs

CURRICULUM CONTENT AND TIME:

Physical Education is an integral part of The St Christopher School. Essentially all opportunities are built upon to incorporate physical activities wherever possible, alongside directed curriculum time from early years level through to post 16. A topic can often be supported by a well-planned P.E. lesson, helping the children to understand and communicate effectively in a way that they can understand. Elements of safety, personal and social development can be seen in all areas of the curriculum and can be continued throughout the physical education curriculum. PE is taught in its own right and as an integral part of the curriculum.

All lessons are informed by yearly and half termly planning that target specific skills essential to the topic covered, with visible links seen in medium term planning, lesson planning, as well as schemes of work that highlight the logical progressions a pupil will experience dependent on their curriculum route. These progressions are a guideline for teaching staff and pupils will always have their individual needs met through adapted and differentiated teaching.

A coherent physical education curriculum will be planned to embrace a variety of different learning experiences and ensuring that they are not always looked upon as being unconnected to other parts of the curriculum. Termly areas taught will have some similarities across some key stages, allowing for both pupil and staff to draw on each other's strengths and share similar experiences. All key stages have 2 hours of quality PE per week across their school week, allowing for continuity and progression to be made.

Key stage 1 & 2 groups have a minimum of 1 hour per week swimming time that is timetabled. These sessions take place in our school swimming pool and follow a bespoke in-house swimming assessment framework that has been devised with considerations drawn from STA guidelines.

Pupils in years 5 & 6 are given the opportunity to swim at a local leisure centre in a full 25m swimming pool. This is used to ensure as many of our students are able to swim the nationally recognised target of 25m unaided by the time they leave primary education. The school currently have two ASA Level 2 trained staff in school that work with some primary groups and that are readily available for all groups to liaise with to access their expertise.

Students in key stage 3 & 4 receive a minimum of three half terms of swimming teaching at a local leisure centre as part of the PE department's curriculum. Selected students in key stage 4 also receive swimming lessons if they are likely to use swimming as an entry level option or if they require improvements to aid their social / personal skills.

Pupil's in our post 16 facility have a weekly session of PE that aims to teach them skills that are relevant to them as young adults, encompass the importance of regular physical activity for their health and well-being and also for enjoyment.

EXTRA CURRICULA & COMPETITIVE SPORT:

We are an active member of the Special Education Schools Sports Association (SESSSA) and School Sports Partnership where we participate on a regular basis in a range of sports alongside other schools. We host and organise many events throughout the year, and pupils from key stages 2, 3 and 4 regularly represent the school.

Fixtures take place within the school day and cover a range of sports including football, basketball, x-country, swimming and athletics. Not only are there designated sporting competitions across key stages 3 and 4 for each sport, but schools also arrange additional fixtures with one another at varying age groups.

We also participate in a range of Panathlon sporting events that aim to provide pupils with new experiences across a range of sports or skill related challenges. These are open mainly to Key Stage 3 pupils but aren't exclusively for these age ranges.

QUALIFICATIONS:

Pupils in key stage 4 have opportunities to undertake accredited qualifications across both years 10 & 11. We currently run OCR Entry Level in PE dependent on each individual's academic, social and physical abilities. Pupils who aren't able to access this option are taught alongside entry level elements but have a greater emphasis on developing confidence, social skills and sport specific skills. **ALL** pupils in key stage 4 undertake AQA unit awards that are linked to the sport the group are being taught.

PE CO-ORDINATOR:

There are two designated PE Co-ordinators to oversee the planning and delivery of Physical Education curriculum across all key stages at The St Christopher's School.

The PE Co-ordinator will be responsible for:

- o Facilitating the use of PE across the curriculum in collaboration with all subject coordinators
- o Providing or organising training to keep staff skills and knowledge up to date
- o Advising colleagues about effective teaching strategies, managing equipment and purchasing resources
- o Ensuring that PE offers appropriate opportunities for all pupils at every level
- o Monitoring the delivery of the PE curriculum and reporting to the Headteacher on the current status of the subject
- o Meeting with governor linked to PE development in the school to discuss all aspects of PE teaching, learning, progress and targets.
- o Overseeing the delivery of qualification-based courses run within school.
- o Ensuring health and safety is in place across the topics delivered.

MONITORING & ASSESSMENT:

Monitoring PE will enable the coordinator to gain an overview of PE teaching and learning throughout the school. This will assist the school in the self-evaluation process identifying areas of strength as well as those for development

In the monitoring of the quality of teaching and learning the PE Co-ordinator will:

- o Scrutinise plans to ensure that the PE being taught is age and ability appropriate.
- o Analyse children's work and their performances
- o Observe PE teaching and learning in every primary classroom and across the secondary department.
- o Analyse assessment data, ensuring pupils are being challenged at the correct level.
- o Regularly reviewing the PE policy and scheme of work alongside teachers.
- o Monitor the appropriateness of the award governing qualifications we offer and adapt accordingly.
- o Primary swimming is monitored termly by the Swimming Progress Tracker

Pupils within KS1 are assessed and tracked through the EYFS framework.

REVIEW:

Revision and updating of this policy will be completed by subject co-ordinator following discussion with the Head teacher and Governor responsible for the subject. Revisions will be presented to the governing body for discussion and approval.

Name: Jason Syrett (Secondary PE Co-ordinator)

Nicole Caldon (Primary PE Co-ordinator)

Date: May 2026