



BALLYORAN PRIMARY SCHOOL

PE POLICY

Reviewed March 2026

Introduction

This policy is written to reflect the recommendations for the Physical Education Area of Learning as outlined in the Northern Ireland Curriculum. At Ballyoran Primary School we acknowledge that specific attention should be given to the physical development, health and well-being of children.

Aims and Objectives

As the Curriculum suggests, through a broad and balanced Physical Education programme, children should develop their knowledge, understanding and skills, enabling them to participate and perform competently and confidently in a range of physical activities. All children should experience a sense of fun, enjoyment and achievement through a variety of progressively challenging and innovative activities. Physical Education provides ways for children to be creative and imaginative allowing them to express their feelings and interpretations through a variety of movement contexts. Through participation in Physical Education, children should understand the benefits of physical activity and the relationship between physical activity and good health. Children should be aware of the opportunities to participate in physical activities in the local and wider community such as Gaelic, Hurling, Soccer and Dancing.

Through Physical Education we aim to develop:

- fundamental movement skills that will improve body management, co-ordination, locomotion and manipulation (gross and fine motor skills)
- knowledge, skills and understanding in a range of physical activities and challenges
- self-confidence and self-esteem as individuals and as a member of a team or group
- positive attitudes and values towards physical activity
- personal qualities such as taking responsibility, fairness, working with others and leadership
- creative and critical thinking skills through a range of movement contexts
- an understanding of the relationship between physical activity and good health
- an awareness of safety in relation to space, equipment and others
- the ability to make informed choices and decisions
- an awareness and understanding of the immense value of the importance of being healthy in future life and employment contexts

Equal Opportunities

We believe that all children, irrespective of physical ability, race, gender, creed or stage of achievement have the right to reach their full potential in P.E. We promote a learning environment that enables all children to feel safe and confident, in order for them to achieve the targets and goals applicable to them. Encouragement and praise is regularly given to ensure a positive learning experience and to raise self-esteem in order for children to achieve a sense of well-being in later life.

Links to curriculum

The development of physical abilities can positively impact on many other aspects of a child's learning and development. Physical Education can contribute to and enhance other areas of learning, for example:

- **Language and Literacy**- by being able to listen to, describe, evaluate and appreciate movements, emotions and feelings, of themselves and others.
- **Mathematics and Numeracy**- by using number, distance, direction, time, shape and space to improve variety and quality of movements.
- **The Arts**- by using the stimuli of Music, Art and Design and Drama to interpret, respond and move creatively and imaginatively. In Ballyoran, music is used as a stimulant to movement both in the PE scheme of work and in the weekly Healthy Kidz sessions.
- **The World Around Us**- by using their local and the global environment as a stimulus for learning and by raising awareness of sport and recreation facilities within their local community, for example Gaelic, Hurling, Soccer and Dance.

Approach

In Ballyoran Primary School, children participate in all the activity areas required by the curriculum. In Key Stage 1, this comprises of **Athletics, Dance, Games** and **Gymnastics**. In Key Stage 2, it includes all of the above strands as well as Swimming. The core of the delivery of the Physical Education programme is the Fundamental Movement Scheme. There is an overview which indicates which of the four main areas is covered each month for each year group along with the particular Fundamental Movement Skill being concentrated on. Each teacher has a scheme of work along with the resources required to deliver the curriculum. Each teacher has a more detailed file for their year group with individual lesson plans to cover each skill. The teachers in Year 1 – Year 4 complete a Fundamental Movement Skills checklist which is passed on to the next teacher at the end of each school year.

Athletics: Athletics In Athletics the focus is upon developing a variety of natural physical actions like running, jumping and throwing. The activities provide excellent opportunities for promoting physical fitness and understanding of how the body works.

Dance

Dance is an art form which is concerned with developing control, co-ordination and versatility in the use of the body. It helps to maintain flexibility, develop strength and aesthetic awareness and the appreciation of beauty and quality in movement. Composition, performance and appreciation are the three components of dance. All are inter-related and will usually be taught together.

Games

Games and competitive sports are an essential part of the Physical Education Programme. They involve children participating individually, in a team, co-operatively and are concerned with skills, tactics and principles of play.

Gymnastics

In gymnastics the focus is on the body. We are concerned with acquiring control, coordination and versatility. Strength is developed and flexibility is maintained. The natural actions involved include; leaping, balancing, inverting, climbing, rolling and swinging. Pupils work alone, with partners and in small groups, sharing ideas, carefully sharing space and helping one another to lift, carry, place and use apparatus.

Swimming (KS2)

Swimming is a crucial survival skill and an essential prerequisite for a range of activities in and around water. It provides an excellent form of all round exercise and can contribute to the development of flexibility, strength and stamina.

Healthy Kidz

Delivery of the PE curriculum is also aided by weekly visits from the Healthy Kidz coaching team. Each class receives a session of 35-40 minutes. All of the sessions are closely linked to the curriculum with the four strands of Athletics, Dance, Games and Gymnastics being covered. Although the session is led by the Healthy Kidz coach, a detailed lesson plan is provided for each session if the teacher wishes to follow up on any aspect of the session. The Healthy Kidz programme has been designed to appeal to a wide range of age and fitness levels.

Swimming

The delivery of the 5th strand of the PE curriculum required in Key Stage 2 is achieved by weekly visits to the South Lakes Leisure Centre in Craigavon. Lessons lasting 30 minutes are highly structured and due to the layout of the pool, staff are able to differentiate the lessons according to ability.

Timetable for PE

A Hall timetable is in place for the delivery of PE lessons. Teachers are also encouraged to use outdoor facilities (all weather pitch, Junior Playground, Senior Playground) whenever possible, weather permitting.

Daily Mile

Ballyoran Primary School pupils have been participating in the Daily Mile scheme for a number of years. All classes throughout the school are encouraged to undertake the Daily Mile as often as possible. The Daily Mile is a fully inclusive, free and simple initiative which improves the physical and mental health of children. It is a social activity where the children run or jog at their own pace for 15 minutes and it improves focus in the classroom. Ambassadors for the Daily Mile include the international athlete Eliud Kipchoge and tennis player Sir Andy Murray.

After School Clubs

The school offers a wide range of extra-curricular activities, many with a sporting theme. These include soccer, gaelic, running, netball and Irish Dancing. The skills and knowledge gained through these clubs enables Ballyoran to compete against other schools. In soccer, Ballyoran takes part in tournaments at local and mid-Ulster level. Gaelic blitzes regularly occur where Ballyoran participate along with other local primary schools.

Changing

Pupils change together up to the end of Foundation Stage (Yrs 1 & 2), in Key Stages 1 and 2, boys and girls change separately.

Health and Safety

Clothing – all children should have a change of clothes for PE, see School Uniform Policy for details. This comprises of black PE shoes, black shorts and a white polo top. Any jewellery eg wrist watches must be removed before PE. Children in Year 1 are not expected to begin changing for PE until the end of the second term.

Teachers are expected to set a good example by wearing appropriate clothing when teaching PE.

Teachers are also encouraged to refer to the 'Safe Practice in Physical Education and School Sports' manual which is situated in the staff room.

Where children are to participate in activities outside our school (a sports event at another school, for example) we ensure that a risk assessment is carried out prior to the activity.

A number of adults in the school are trained as First aiders should any accidents occur during PE which require First Aid treatment.

Monitoring and Review

This policy will be reviewed as necessary.