

Collaboration

Respect

Resilience

Responsible

Compassion



Offham Primary School

Physical Education and Outdoor Learning Policy

Date Agreed: July 2026

Review Date: July 2027

1. Aims

At Offham Primary School, we believe that Physical Education (PE) and Outdoor Learning are essential parts of a broad and balanced curriculum. Through high-quality PE and meaningful outdoor experiences, we aim to inspire all pupils to lead active, healthy and fulfilling lives whilst developing confidence, resilience, teamwork and respect for others.

We aim to:

- Promote physical, mental and emotional wellbeing.
- Develop pupils' physical competence and confidence.
- Encourage lifelong participation in physical activity and sport.
- Foster resilience, independence and problem-solving skills through outdoor learning.
- Develop teamwork, cooperation and leadership skills.
- Provide opportunities for all pupils to succeed and achieve their personal best.
- Promote a love and appreciation of the natural environment.
- Ensure that all pupils participate in safe, inclusive and enjoyable learning experiences.

2. Statutory Requirements

The school follows the National Curriculum for Physical Education and provides opportunities for pupils to:

- Develop competence in a broad range of physical activities.
- Be physically active for sustained periods of time.
- Engage in competitive sports and activities.
- Lead healthy, active lives.

Outdoor learning supports teaching and learning across the curriculum and enhances pupils' spiritual, moral, social and cultural development.

3. Curriculum Provision

Physical Education

All pupils receive regular PE lessons throughout the academic year. The curriculum includes:

- Fundamental movement skills.
- Games and sports.
- Dance.
- Gymnastics.
- Athletics.
- Outdoor and adventurous activities.
- Swimming (where applicable).
- Health and fitness education.

Lessons are planned to progressively develop knowledge, skills and understanding across all year groups.

Outdoor Learning

Outdoor learning is planned to complement and enrich classroom learning and may include:

- Forest School activities.

- Environmental and nature-based learning.
- Outdoor problem-solving and team-building activities.
- Local area studies and fieldwork.
- Outdoor scientific investigations.
- Geography and history learning beyond the classroom.
- Creative and wellbeing activities in outdoor spaces.

4. Inclusion and Equal Opportunities

All pupils are entitled to access high-quality PE and outdoor learning regardless of age, gender, ethnicity, religion, disability or additional need.

Teachers will:

- Adapt activities to meet individual needs.
- Provide appropriate support and challenge.
- Promote equal participation and achievement.
- Ensure reasonable adjustments are made where necessary.

The school is committed to ensuring all pupils feel valued, included and successful.

5. Health and Safety

The safety of pupils and staff is paramount.

Staff will ensure that:

- Risk assessments are completed where appropriate.
- Activities are suitable for pupils' age and ability.
- Equipment is checked regularly and maintained appropriately.
- Outdoor learning areas are used safely.
- Appropriate adult-to-pupil ratios are maintained.
- First aid procedures are followed where necessary.

Pupils are expected to follow instructions and behave responsibly to ensure the safety of themselves and others.

6. PE Kit and Clothing

Pupils should wear the agreed school PE kit for all PE lessons.

For PE and outdoor learning activities:

- Clothing should be appropriate to the activity and weather conditions.
- Suitable footwear must be worn.
- Long hair should be tied back.
- Jewellery should be removed or covered in line with school guidance.
- Additional outdoor clothing, including waterproofs, coats, hats and gloves, may be required during colder weather.

Outdoor learning will continue throughout the year wherever possible, as learning outdoors supports resilience and engagement in all seasons.

7. Behaviour and Expectations

The expectations outlined within the school's Behaviour Policy apply equally during PE lessons, sports events and outdoor learning activities.

Pupils are expected to:

- Demonstrate respect for others.
- Follow instructions promptly.
- Use equipment safely and responsibly.
- Show good sportsmanship.
- Care for the outdoor environment.
- Work cooperatively with peers and adults.

Any unsafe or inappropriate behaviour will be addressed in accordance with the school's Behaviour Policy.

8. Extra-Curricular Opportunities

The school aims to provide a range of extra-curricular sporting and outdoor activities, which may include:

- Sports clubs.
- Competitive events and tournaments.
- Outdoor enrichment activities.
- Leadership opportunities.
- Partnerships with local clubs and organisations.

These opportunities help to extend skills, encourage participation and promote healthy lifestyles.

9. Assessment, Monitoring and Evaluation

Teachers assess pupils' progress through observation, discussion and practical performance.

Monitoring may include:

- Lesson observations.
- Planning scrutiny.
- Pupil voice.
- Assessment information.
- Participation in sporting and outdoor learning activities.

This information is used to improve provision and ensure high standards are maintained.

10. Roles and Responsibilities

Headteacher

The Headteacher is responsible for ensuring the effective implementation of this policy and providing strategic leadership.

PE Subject Leader

The PE Lead will:

- Monitor curriculum provision and standards.
- Support colleagues with planning and delivery.
- Manage resources effectively.
- Promote participation in sport and physical activity.
- Coordinate competitions and enrichment opportunities where appropriate.

Staff

All staff are responsible for:

- Delivering high-quality teaching and learning.
- Maintaining safe learning environments.
- Promoting positive attitudes towards physical activity and outdoor learning.

Pupils

Pupils are responsible for:

- Participating fully in activities.
- Taking care of equipment and the environment.
- Following safety guidance and school expectations.

11. Review

This policy will be reviewed annually or sooner if changes in legislation, guidance or school practice require it.

Approved by: Zara Little

Date: July 2026

Review Date: July 2027

Risk Assessment

The school recognises that PE and outdoor learning involve an element of managed risk and that pupils benefit from opportunities to develop confidence, resilience, independence and problem-solving skills through carefully planned activities.

All PE and outdoor learning activities will be subject to appropriate risk assessment procedures to ensure that risks are identified, managed and reduced to an acceptable level whilst maintaining the educational value of the experience.

Staff will:

- Carry out and review risk assessments for PE lessons, outdoor learning activities, educational visits and sporting events as required.

- Undertake dynamic (ongoing) risk assessments during activities, responding to changing circumstances such as weather, ground conditions or pupil needs.
- Ensure activities are appropriate for the age, maturity, ability and needs of the pupils involved.
- Check that equipment is safe, suitable and well maintained before use.
- Inspect learning environments, including playgrounds, fields, woodland areas and off-site locations, for potential hazards.
- Ensure appropriate staffing levels and supervision arrangements are in place.
- Consider the medical, physical and emotional needs of individual pupils, using care plans and risk assessments where necessary.
- Ensure that emergency procedures, communication arrangements and first aid provision are in place before activities commence.
- Take account of weather conditions and adapt, postpone or cancel activities where safety may be compromised.

Pupils will be encouraged to identify hazards, assess risks and take responsibility for their own safety and the safety of others through age-appropriate discussions and activities. This supports the development of risk awareness and safe decision-making skills.

For off-site activities, visits and residential experiences, risk assessments will be completed in line with the school's Educational Visits procedures and relevant local authority guidance. Parental consent will be obtained where required.

The Headteacher and Educational Visits Coordinator (EVC), where appropriate, are responsible for ensuring that risk assessments are completed, reviewed and implemented effectively. Regular monitoring will be undertaken to ensure that health and safety procedures remain robust and fit for purpose.