



**ARGYLE
PRIMARY
SCHOOL**

Physical Education Policy

2026-27

Argyle Primary School, Tonbridge Street, London WC1H 9EG Tel: 0207 837 4590;

e-mail: admin@argyle.camden.sch.uk Headteacher: Jemima Wade

THE IMPORTANCE OF PE AND THE AIMS OF TEACHING THE SUBJECT

At Argyle we recognise the importance of physical activity and the positive impact of physical activity on a child's overall social, intellectual and emotional wellbeing. We recognise that our school has an important role, in partnership with parents and the wider community, in promoting physical fitness and a healthy lifestyle.

We recognise that many of our children live in overcrowded accommodation and that a significant proportion of children rarely engage in active or outdoor play apart from at school. We know that only a small proportion of children attend organised sporting activities or classes outside of school. We therefore, through our approach to physical education seek to:

- 1) Teach the skills set out in the National Curriculum;
- 2) Demonstrate to children the enjoyment that can be derived from all types of physical activities and that physical activity should be a part of their daily life;
- 3) Enable children to try a wide range of physical activities so that that they are more likely to discover their own strengths;
- 4) Educate children about the opportunities available through competitive sport;
- 5) Inspire children to challenge themselves, measure their own progress and, when appropriate, to compete at the highest possible level;

THE SUBJECT IN THE NATIONAL CURRICULUM

At Argyle children enjoy the full range of the programmes of study outlined in the National Curriculum

In Early Years the children are given the opportunity to develop:

- gross motor skills
- strength, coordination and agility
- confidence, competence, precision and accuracy when using a range of equipment

At Key Stage 1 children build on their natural enthusiasm for movement, explore their world and work and play with others take part in lessons covering the statutory areas of:

- Dance
- Games
- Gymnastics
- Ball Skills

At Key Stage 2 children are taught the statutory areas of:

- Dance
- Games
- Gymnastics

- Ball Skills
- Athletics
- Swimming

APPROACH TO THE TEACHING OF THE SUBJECT

Within all of these areas, children at both Key Stages are taught to:

1. Acquire and develop skills, for example catching a ball in a variety of ways.
2. Select and apply skills, tactics and compositional ideas, using the skills of catching in small games and with partners.
3. Evaluate and improve performance, asking and responding to questions such as ‘was it a good catch?’, ‘did I make a mistake?’, ‘what I can do to make it better?’.
4. Develop knowledge and understanding of fitness and health, e.g. hand/eye co-ordination, flexibility and muscles used.

Physical Activity across the school day

All Pupils in Key Stages 1 and 2 will take part in two formal PE lessons a week. Pupils in the Early Years will participate in at least one formal PE lesson. In addition to this, pupils are given opportunities to take part in physical activity each day via our active playground and extra curricular provision.

Once a week, all pupils in Key Stages 1 and 2 will take part in the Argyle Mile where they will run/jog/walk five times around the school playground along a specific route in order to increase fitness levels.

Extra- Curricular Activities

In addition to the free sporting activities provided each day, all children in years R-6 have the opportunity to join a range of extra-curricular sporting activities which are offered each term. Most of these activities are completely free to children eligible for free school meals and are available at low cost (approximately £20 for 9/10 weeks) to other children. These activities, which cater for a range of interests are age-appropriate and are led by appropriately qualified teachers and support staff from within school or by other local providers.

Activities take place before school, during lunch times or at the end of the school day.

On Friday mornings, pupils will be invited to join in with Fun, Fitness Fridays before school at 8.30am. This is a short aerobics session to music in the main school playground and will run each week weather permitting.

The Facilities

The school has developed its play spaces to ensure that they encourage participation in physical activity. The Key Stage 2 playground is an ‘Active Space’ designed in conjunction with the NHS clinical Commissioning Group and the Local Authority. It includes monkey bars, a fitness trail, two trampolines, dance chimes, an Astroturf football pitch, a climbing structure /slide and children’s gym equipment.

The Key Stage 1 playground also includes ‘Snug’ Equipment designed to promote activity and encourage physical strength. A wide range of equipment (skipping ropes, hoola hoops and balls are provided in both playgrounds).

Inside the school, the middle hall and top hall are both equipped for Gymnastics, Dance and Games.

Links with external providers

Throughout 2026-27, Argyle will collaborate with Bloomsbury Football, Platform Cricket or Middlesex Cricket and The Place for Dance in delivering PE lessons. It will ensure that children in Years 4-6 are able to attend swimming lessons at St Pancras pool. We will also maintain our membership of Camden Schools Sports Association which will enable children in KS2 to attend a range of sports tournaments with other Camden schools. Some of these take place during the school day and some after school.

PE kit

All children in Years R -6 are expected to wear PE kit for all activity lessons (Appendix 1). The PE kit comprises black tracksuit bottoms/leggings or shorts, black plimsolls or trainers and the red Argyle PE shirt and the green Argyle Hoodie.

Child attend school wearing their PE kit -this avoids the need for them to change in school.

Long hair must be tied back whilst taking part in sport. Watches should be removed. If religious head coverings are worn they must be short or tucked into t-shirts so that they do not present a risk of strangulation.

All adults involved in a PE lesson are expected to wear appropriate clothing and footwear and are expected to remove watches and jewellery and tie back long hair.

Scooting and cycling to school.

Scooting and cycling to school is encouraged and scooter/bike parks are provided where children may lock their scooters/bikes.

Argyle PE Skills Track

This track record (Appendix 2) is designed to motivate and encourage children to set fitness goals for themselves and understand key skills that they are learning and should be completed at least once a term with all children.

Pupils who demonstrate good sportsmanship or achieve a sporting achievement (either within school or outside of school) are celebrated with a special ‘Fitness Frog’ certificate (Appendix 3).

Revised date	By	Agreed by governors – date	Next review date:
07.05.2026	Headteacher		

Appendix 1:

P.E KIT ESSENTIALS—WEAR TO SCHOOL ON SET DAYS



PE SHIRT
£5
GREEN HOODY
£15



BUY THESE ON THE SCOPAY APP



BLACK JOGGING BOTTOMS OR BLACK SHORTS OR BLACK LEGGINGS FOR P.E

BUY FROM ANY EXTERNAL OUTLET

BLACK TRAINERS OR BLACK PLIMSOLLS FOR P.E

BUY FROM ANY EXTERNAL OUTLET

Trainers should not be brightly coloured or have brightly coloured logos.



Appendix 2:



Name: _____

Class: _____

Which sport/s have you enjoyed participating in the most?

What PE skill are you most proud of?

What PE skill do you most want to improve?

How have you demonstrated good sportsmanship this year?

Welcome to the PE Skills Progress Track!
Here you can start tracking all the skills you've learned this year during PE lessons, extracurricular clubs, and after school enrichment.
Choose where you want to start and get moving!
What's your favourite sport?
How many challenges can you complete on the track?



This year, I have participated in

<input type="checkbox"/> Gymnastics	<input type="checkbox"/> Dance
<input type="checkbox"/> Swimming	<input type="checkbox"/> Hockey
<input type="checkbox"/> Badminton	<input type="checkbox"/> Rounders
<input type="checkbox"/> Cricket	<input type="checkbox"/> Netball
<input type="checkbox"/> Rugby	<input type="checkbox"/> Martial Arts
<input type="checkbox"/> Dodgeball	<input type="checkbox"/> Football
<input type="checkbox"/> Benchball	<input type="checkbox"/> Tennis
<input type="checkbox"/> Athletics	<input type="checkbox"/> Trekking

This year

I have participated in a sport outside of school

I have taken part in a sporting competition outside of school

I CAN... SKIP, SWIM, JUMP, CLIMB, DANCE AND RUN MANY MILES!

1 CATCH

1. I stand in a ready position with my feet shoulder-width apart and my knees bent, holding my hands out and focusing on the ball.
2. I use index fingers and pull the ball into my chest to help me catch it securely.
3. I move my feet to get in line with the ball if it is not coming directly to me.

2 RUN

1. I sprint with big steps, on the balls of my feet, moving opposite arm to leg.
2. I swing my arms forward to help me jump or hop further.
3. I bend my knees and swing my arms up to help me jump higher.
4. I stop in a balanced position by bending my knees and putting my weight into the front of my feet, leaning slightly backwards to slow down.
5. I bend my knees and use small steps when I change direction.

3 JUMP

1. I look forward as I land on the balls of my feet with soft knees.
2. I swing my arms forward to help me jump or hop further.
3. I bend my knees and swing my arms up to help me jump higher.
4. I jump or hop in quick succession when combining jumps to travel further.
5. I create interesting jumps using different shapes and combinations of feet for take-off and landing.

4 BALANCE

1. I keep my head up and look forward.
2. I move slowly and with control.
3. I keep my chest upright when landing with my feet apart and my knees slightly bent.
4. I hold my arms out and squeeze my muscles to stay steady.

5 THROW

1. I look at my target and choose an underarm throw for a short distance and an overarm throw for a longer distance.
2. I throw from a balanced position with the opposite foot to my throwing hand forward.
3. I underarm throw by swinging my arm by my side and pointing my hand at the target as I release.
4. I overarm throw by holding the object high, moving my arm past my ear, and pointing my hand at the target as I release.
5. I throw slightly ahead of my partner when they are moving.

Appendix 3:

