

PE Policy

Intent

“الْمُؤْمِنُ الْقَوِيُّ خَيْرٌ وَأَحَبُّ إِلَى اللَّهِ مِنَ الْمُؤْمِنِ الضَّعِيفِ وَفِي كُلِّ خَيْرٍ

“A strong believer is better and is more lovable to Allah than a weak believer, and there is good in everyone...”

[Sahih Muslim]

Physical activity is conducive to wellbeing and nurturing an ambition for sports and exercise. We want our children to take part in a range of physical sport and exercise that implements a positive attitude towards leading healthy and active lives.

We have considered our appointment for PE coaches very carefully – our sports’ coaches, employed by Superstar Sports, have worked extensively with young people and are invested in ensuring that PE and active learning supports wellbeing and growth mindset. We will be working closely with our coaches to ensure that children can access a broad and challenging programme of physical education and activity, equipping them with skills, experience and options for later life.

Implementation

The long- and medium-term planning will draw from the statutory guidance within the Physical Education Programme of Study (December 2014) to create a framework for each year. Short-term planning will be derived from the framework, with activities and tasks aligned to age and physical ability, including gymnastics to meet the objectives for choreographed movement.

PE will be delivered on a weekly basis for 50 minutes. Children will come to school wearing their PE kit. UKS2 will wear their kits under their school uniform. They will remove their outer uniform in their classrooms before proceeding to the PE hall. UKS2 girls are permitted to wear their outer uniform to the PE hall and remove it there in preparation for their lesson.

At UKS2, the decision has been taken to separate our boys and girls. This step has been taken following feedback from staff and parents indicating that girls' performance was affected by the competitive nature of some boys, and that early development in puberty caused anxiety and worry and had a negative impact on active participation.

Early testing of this model had immediate effect in participation levels, and we have therefore implemented this as standard practice. The organisation of the UKS2 PE framework is conducive to this structure as we use our Year 5 LTP for Year A, and the Year 6 LTP for Year B. Academic years that start with an even number will follow the Year A programme; academic years that start with an odd number will follow the Year B programme. This aspect will continue to be reviewed and edited or adjusted as pertaining to pupil needs and feedback.

Impact

Assessment will be formative. Children will demonstrate their ability to meet the objectives through response to tasks set by the coach. These will form the basis for follow-on planning and support on-going assessment that is recorded using the school's tracking system.

Review

This policy will be reviewed annually and edited to reflect the school's action plan and National Curriculum statutory guidance.

We promote **IKHLAS**:

Inspiration – Knowledge – Healthy Living – Leadership – Aspiration – Spirituality

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