

Matthew Arnold Primary School



P.E Policy

Date: September 2024

Introduction

Physical Education (P.E.) is an essential part of the primary school curriculum. It promotes physical fitness, teaches students the importance of healthy living, and provides them with the skills and knowledge necessary to lead active lifestyles. This policy outlines the principles and practices that guide the delivery of P.E. at Matthew Arnold.

Aims and Objectives

- **Promote Physical Health and Fitness:** To develop students' physical competence and knowledge of movement and safety.
- **Encourage Lifelong Physical Activity:** To instil a love of physical activity that students carry throughout their lives.
- **Develop Social Skills:** To foster teamwork, cooperation, and fair play.
- **Boost Self-Esteem and Confidence:** To enhance students' self-confidence and sense of achievement through physical accomplishment.
- **Teach Motor Skills:** To provide students with the skills needed to participate in a variety of physical activities.

Curriculum

- **Foundation Stage:** Focus on basic motor skills, spatial awareness, and simple games.
- **Key Stage 1:** Emphasis on fundamental movement skills, basic game tactics, and introduction to simple team games.
- **Key Stage 2:** Development of more complex movement skills, introduction to a variety of sports, understanding rules, strategies, and teamwork.

Time Allocation

- **Foundation Stage:** Minimum of 1 hour per week.
- **Key Stage 1:** Minimum of 2 hours per week.
- **Key Stage 2:** Minimum of 2 hours per week, with opportunities for extra-curricular activities.

Inclusion

- **Inclusion:** All students, regardless of ability, background, or physical condition, should have access to P.E. activities.
- **Adaptive teaching:** P.E. lessons will be adapted to meet the needs of all students, ensuring every child can participate and benefit.

Health and Safety

- **Risk Assessment:** Regular risk assessments of all P.E. activities and equipment.
- **Supervision:** Adequate supervision ratios are maintained at all times.
- **First Aid:** Qualified first aid personnel available during all P.E. lessons.
- **Equipment Maintenance:** Regular checks and maintenance of all P.E. equipment.

Staff Training and Development

- **Professional Development:** Ongoing training and professional development opportunities for all staff involved in delivering P.E.
- **Specialist Coaches:** Use of specialist coaches where appropriate to enhance the P.E. curriculum.

Assessment and Reporting

- **Assessment:** Continuous assessment of students' progress in P.E. using a variety of methods, including observation and performance tasks.
- **Reporting:** Regular feedback to students and parents on progress and areas for improvement.

Extra-Curricular Activities

- **Clubs and Teams:** Opportunities for students to participate in extra-curricular sports clubs and school teams.
- **Competitions:** Participation in inter-school competitions and sports events.

Resources

- **Facilities:** Access to adequate indoor and outdoor facilities for a wide range of physical activities.
- **Equipment:** Provision of appropriate and sufficient equipment to support the P.E. curriculum.

Monitoring and Evaluation

- **Monitoring:** Regular monitoring of the P.E. program to ensure it meets the needs of all students.
- **Evaluation:** Annual review of the P.E. policy and curriculum to identify areas for improvement and ensure best practices.

This policy will be reviewed annually to ensure it remains relevant and effective in promoting high-quality physical education for all students.
