
Policy on Physical Education

March 2025

Pardes House
Primary School

Headteacher: Rabbi J Sager

POLICY ON PHYSICAL EDUCATION

Physical Education is essential for a child's physical and emotional development and well-being. It helps children to improve levels of ability, whilst encouraging them to assess and evaluate their own performance. Independent learning through planning is essential to help a pupil's progress. A balance of individual, team, co-operative and competitive activities aims to cater for individual pupil's needs and abilities. P.E. should give a child a positive attitude and awareness of health and safety issues.

Aims

- To develop an ability to plan a range of movement sequences and begin to design and apply simple rules
- To develop an ability to remember, adapt and apply knowledge, practical skills and concepts in a variety of movement-based, individual and team-based activities
- To promote positive attitudes towards health, hygiene and fitness
- To foster an appreciation of safe practice
- To develop psycho-motor skills through a range of relevant movement-based, individual and team-based activities
- To develop a sense of fair play and sportsmanship in a competitive environment
- To develop communication skills, encouraging the use of correct terminology, to promote effective co-operation
- To foster an enjoyment, and positive attitude to P.E
- To open the pupils' eyes to sports beyond those they know, by developing skills in and playing sports from across the world.

Objectives

Physical Education involves pupils in the continuous process of planning, performing and evaluating. The following requirements should apply to The Foundation Stage and both Key Stages:

- Children will participate in a range of psycho-motor / movement activities in order to develop personal physical skills. (Practical attainment).
- Children will be made aware of their body in relation to others and their immediate environment and aim to promote quality of movement. (Kinaesthetics).
- Children will be made aware of simple physiological changes that occur to their bodies during exercise. (Physiology)
- Children will be given opportunities to develop imagination and co-operation to achieve shared goals. (Teamwork).
- Children will be given opportunities to develop personal characteristics like initiative, self-reliance and self discipline (Self knowledge).
- Children will be given opportunities to enjoy and succeed in the subject as well as be stimulated and challenged. (Problem solving).
- Children developing skills in sports they have not heard of and from across the world (cultural diversity).

Roles and Responsibilities

The PE leader will:

- Lead the development of Physical Education in the school;
- Take the lead in Sports Day;
- Organise special events;
- Review and monitor the success and progress of the teaching and learning in P.E;
- Audit, order and organise stock.

Teaching and Learning

The curriculum in this subject has been organised to ensure that children in both key stages have access to a specialist PE teacher, who will deliver the curriculum as best as possible with the resources available.

Classroom Management and Organisation

P.E. lessons take place in either the hall or playground depending on the weather and the activity. It is the responsibility of the PE teacher to liaise with the class teacher in terms of the pupils being brought to and from the hall for PE.

Resources

Resources for P.E. are kept in a cupboard in the main hall and basement. Children are taught to use all of the equipment accurately and safely.

Time Allocation

Every class in the school receives one P.E. lesson a week. Class teachers use opportunities where possible to give the boys extra exercise and games sessions. There are also further opportunities for physical education and experience through our different sports clubs, taking place at breaktimes, lunchtimes and after school, including Football Clubs and 'Fighting Fit Fencing'.

We are also proud that in our school and despite our tight timetable, we are able to offer a full year of swimming lessons to Year 3 at a local teaching pool. Pupils walk to and from the pool every week accompanied by their teachers and security, where they are taught by professional swimming coaches. Pupils are assessed and earn badges as they pass through different levels.

Other sporting Opportunities

Physical education and sporting opportunities are further extended with occasional sporting fixtures in football and cricket against other schools.

The school holds an annual Sports Day at the local Stone X Stadium or at school. This is a competitive sports day – individually and in houses, taking place in front of family members and friends.

Sports Funding

The annual sports funding the school receives goes directly towards paying for the cost of our specialist coaches.

Assessment

The following procedures are in place to assess the children's progress in this subject:

- Athletics ability assessment.
- Children demonstrate in lessons.
- The end-of-year report forms the formative report of a child's progress, strengths and weaknesses in this subject.

Health and Safety in P.E.

- Children must be accompanied by a teacher during lessons
- Apparatus and equipment must be stored safely when not in use
- All equipment must be checked by the teacher before the lesson
- Apparatus and equipment must only be handled by the children under the direct supervision of a teacher
- Children must be suitably dressed for P.E. and watches must not be worn
- Full P.E. kit includes shorts, t-shirt, tracksuit bottoms, plimsolls/trainers
- Children without full P.E. kit will be unable to take part and will be set work instead by the Headteacher
- In event of minor accidents, another child should escort the injured child to the office.
- In event of major accidents, the office and a first aider should be contacted immediately.
- The floor area and surface should be checked so that slippery or dangerous surfaces can be avoided!
- Children should have enough space to work safely

Management of Resources

The Subject Leader is responsible for selecting, building and maintaining resources within budgetary limits. These decisions will be made in conjunction with the Headteacher and will reflect the state of the subject as per its evaluation and review.

Equal Opportunities

Every pupil has the right to take part in PE lessons. Being able to cater for the individual needs and differences in the class is providing an equal provision for all pupils.