



PE Policy

Key Document Details

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Aims and Objectives

At Moredon Primary and Nursery School, we strive to create a community of physically active and confident pupils. We aim to instil a passion for sport and exercise in every child, in turn developing a lifelong positive attitude towards wellbeing and fitness.

Moredon Primary and Nursery School believes that physical activity increases a pupil's ability to perform well in a range of activities, increasing their life skills and opening a wealth of future opportunities. PE not only promotes physical development, but also allows pupils to be creative, competitive and embrace individual and team challenges. Pupils learn how to plan, execute, evaluate and improve their actions, ideas and performances in PE lessons. This allows pupils to discover their aptitudes, abilities and preferences and make choices about how to be involved in lifelong physical activity.

We strongly believe that all staff should be good role models for our pupils by demonstrating an enthusiasm for physical activity and health. As a values-based school, we aim to promote the following principles through high-quality PE teaching and coaching.

Leadership - Leading by example in games and activities.

Self-control - Keeping cool (even during challenges).

Honesty - Always telling the truth.

Teamwork - Working together to achieve goals.

Determination - Pushing through challenges.

Patience - Taking time to improve skills.

Compassion - Helping others when they struggle.

Respect - Valuing others and playing fairly.

Gratitude - Appreciating classmates and teachers' efforts.

Responsibility - Taking care of PE equipment.

Our Offer

PE Lessons: Pupils receive **two hours** of curricular PE per week. These are taught by class teachers and supported by sports coaches. Regular CPD is provided for teachers to ensure they are confident and skilled in delivering high quality lessons.

Experiences & Competitions: Physical activity and exercise is promoted through visiting workshops and sporting festivals (internal and external). Moredon Primary and Nursery School are members of Fortius PE and regularly attend events and competitions. We organise internal competitions for houses and have school sports teams who partake in home/away matches.

Play & Lunch Times: Physical activity is encouraged at morning playtimes by Sports Leaders (Year 6 pupils) who are trained to lead games and challenges. Qualified and experienced Sports Coaches are present at lunchtimes to provide pupils with opportunities to engage in physical activity and practise their PE skills further.

Swimming: Pupils in Year 5 attend swimming lessons. Sports Premium funding can be used to offer additional lessons to increase pupils water confidence and competence if necessary.

After School Clubs: At Moredon Primary and Nursery School, we have several popular football clubs. We also have two fantastic dance squads who rehearse after school. We are keen to introduce more sporting clubs in the future.

Sports Week

At Moredon Primary and Nursery School, we organise an annual Sports Week. Each year, we have a wide range of visiting workshops and experiences for pupils – allowing them to take part in new activities they may never have had the opportunity to try before. There is a focus on sportsmanship and togetherness – everybody is celebrated and sports and physical activity is at the core. It is a highlight of the year for staff and pupils.

Early Years Foundation Stage

Pupils must be supported to develop core strength, stability, balance, spatial awareness, co-ordination and agility. Fundamental movement skills will be refined, including rolling, crawling, walking, jumping, running, hopping, skipping and climbing. Pupils will progress towards a more fluent and controlled style of moving. Indoors and outdoors apparatus will be used to develop overall body strength.

Key Stage One

Through a range of competitive and co-operative sports, pupils will develop fundamental movement skills, and extend their agility, balance and coordination. This includes:

- Mastering basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and beginning to apply these in a range of activities.
- Participating in team games, developing simple tactics for attacking and defending.
- Performing dances using simple movement patterns.

Key Stage Two

Pupils will build on prior learning to develop a broader range of skills, and learn how to use them in different ways. They should enjoy communicating, collaborating and competing with each other. This includes:

- Using running, jumping, throwing and catching in isolation and in combination.
- Playing competitive games and applying basic principles suitable for attacking and defending.
- Developing flexibility, strength, technique, control and balance.
- Performing dances using a range of movement patterns.
- Taking part in outdoor and adventurous activity challenges both individually and within a team.
- Comparing their performances with previous ones and demonstrating improvement to achieve their personal best.

Inclusion

High quality first teaching, differentiated for individual pupils, is the first step in responding to pupils who have, or may have, SEND. Differentiation occurs in the support and intervention provided to different pupils through questioning, scaffolding and resources for individual pupils. This is an inclusive approach to individual learners' needs, ensuring language, questioning, concepts and ultimately learning is accessible to all.

IMPACT

At Moredon Primary and Nursery School, we aspire for every pupil to be the best version of themselves – physically, mentally, socially and academically. Pupils who are not meeting the age-related expected standard in PE attend a weekly intervention called IMPACT which aims to tackle any gaps in fundamental skills (see above). This intervention is also targeted at pupils who are over/underweight, are physically inactive or have a sedentary lifestyle, lack strength, have difficulties with fine/gross motor skills, struggle with friendships and communication, or are insecure/unconfident. It is a fun, engaging and active group where pupils' physical and mental wellbeing is fostered by specialist coaches.

I: *improving*

M: *mental &*

P: *physical*

A: *activity in*

C: *children*

T: *together*