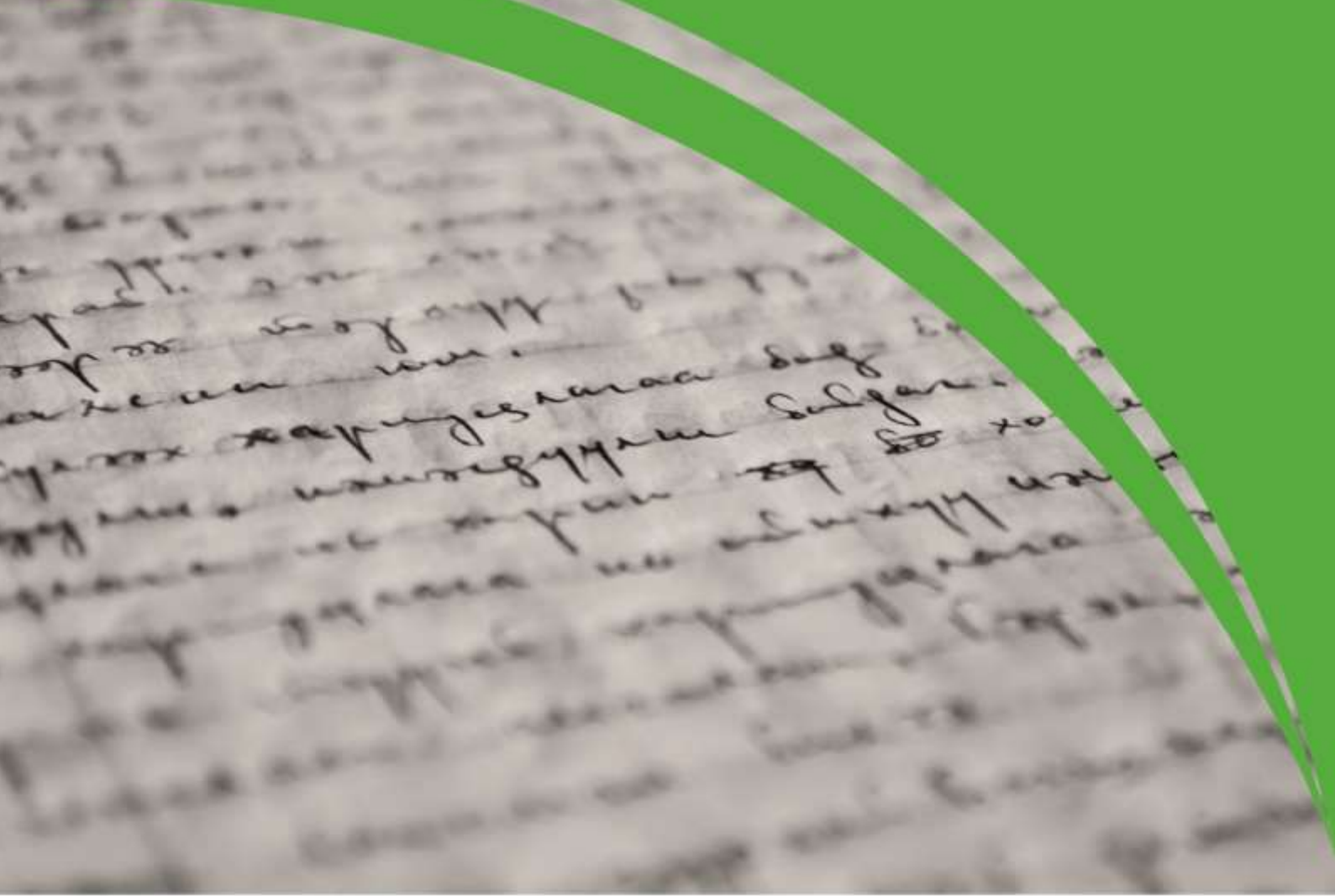




PE Policy

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, confident and motivated pupils. We aim to develop a lifelong enjoyment of sport and physical activity, helping every child understand the benefits of an active lifestyle for both physical and mental wellbeing.

A key part of our approach is developing physical literacy. Physical literacy is the development of the skills, confidence, motivation and understanding needed to participate competently and confidently in a wide range of physical activities and to make positive choices about being active throughout life. We recognise that physical literacy begins in the early years and develops progressively throughout a child's time at school. Through high-quality PE lessons, daily physical activity, outdoor learning, play, clubs, sporting events and opportunities such as Sports Week, Sports Day and the Moredon Mile, we provide a broad range of experiences that develop fundamental movement skills, coordination, balance, agility, fitness and confidence.

PE provides children with opportunities to be creative, competitive and collaborative, while developing their ability to take on individual and team challenges. Pupils learn to plan, perform, evaluate and improve their actions and performances, helping them to recognise their own strengths, abilities and preferences. We encourage children to challenge themselves, celebrate their progress and learn from mistakes, developing the resilience and confidence to keep trying and improve. These experiences help pupils to make informed choices about how they can remain active and healthy throughout their lives.

We believe that all staff have an important role to play as positive role models. By demonstrating enthusiasm for physical activity, healthy lifestyles and participation, staff help to create a culture where being active is valued and enjoyed by everyone. As a values-based school, we promote the following principles through our PE teaching, coaching and wider physical activity opportunities:

Leadership – Leading by example and supporting others during games and activities.

Self-control – Remaining calm and positive, particularly when faced with challenges.

Honesty – Being truthful and playing fairly.

Teamwork – Working collaboratively and supporting others to achieve shared goals.

Determination – Persevering when activities are challenging and striving to improve.

Patience – Understanding that skills take time and practice to develop.

Compassion – Supporting and encouraging others when they find something difficult.

Respect – Valuing others, following rules and treating everyone fairly.

Gratitude – Appreciating the efforts and achievements of classmates, staff and others.

Responsibility – Taking care of equipment, facilities and the spaces in which we are active.

Be Active

As part of our school's Five Ways to Wellbeing, our focus for Terms 5 and 6 is Be Active. We recognise that regular physical activity supports children's physical health and fitness while also contributing positively to their mental wellbeing. As the summer approaches, we aim to maximise opportunities for children to be active outdoors, alongside their usual two weekly PE lessons. This includes Sports Day, Sports Week and the Moredon Mile, as well as a range of fitness challenges for children and staff that encourage personal improvement and celebrate progress.

Our approach to being active extends beyond physical exercise. Children will have opportunities to challenge themselves mentally, develop their creativity and work collaboratively with others. Our whole-school play afternoon in Term 5 will have a particular focus on teamwork, encouraging children to communicate, cooperate and support one another.

Across Terms 5 and 6, our PE and wider physical activity provision will particularly promote the values of Resilience, Sportsmanship and Teamwork, encouraging every child to participate, challenge themselves, support others and experience the enjoyment and wellbeing that comes from being active.

Our Offer

PE Lessons

Pupils receive two hours of curriculum PE each week, delivered by skilled class teachers. Over recent years, regular CPD was provided using our Sports Premium bursary to ensure that all staff felt confident, knowledgeable and well equipped to deliver high-quality PE lessons that met the needs of all pupils. This has been achieved and CPD is now offered to staff as and when there is a recognised need.

Experiences and Competitions

We provide a wide range of opportunities for pupils to participate in physical activity and develop their skills through visiting workshops, sporting festivals, competitions and inter-school events. Moredon Primary and Nursery School is a member of Fortius PE, enabling pupils to take part in a variety of events and competitions throughout the year. We also organise internal house competitions and provide opportunities for pupils to represent the school through our sports teams in both home and away fixtures.

Playtimes and Lunchtimes

We encourage pupils to be active throughout the school day. At morning playtimes, our Year 6 Sports Leaders organise and lead games, activities and challenges for younger pupils. At lunchtimes, qualified and experienced sports coaches provide additional opportunities for pupils to be active, develop their physical skills and practise techniques introduced during PE lessons.

Swimming

Pupils in Year 5 receive swimming instruction as part of our PE provision. Where appropriate, Sports Premium funding may be used to provide additional swimming opportunities, supporting pupils to develop their water confidence, safety and swimming competence.

After-School Clubs

We offer a range of extracurricular opportunities to encourage pupils to develop their interests and skills beyond curriculum PE. Our popular football clubs provide opportunities for pupils to practise and develop their skills, while our dance squad gives pupils the chance to develop their creativity, performance skills and confidence. We are committed to expanding our extracurricular programme to provide an even wider range of sporting and physical activity opportunities for pupils to enjoy.

Sports Week

At Moredon Primary and Nursery School, we celebrate an annual Sports Week, providing pupils with a wide range of sporting workshops, activities and experiences. Visiting providers introduce children to new and exciting activities that they may not otherwise have the opportunity to experience. Sports Week promotes sportsmanship, teamwork, inclusion and togetherness, with every pupil encouraged to participate, have fun and celebrate their achievements. It is a much-anticipated highlight of the school year for both pupils and staff, with physical activity at the heart of the celebrations.

Early Years Foundation Stage (EYFS)

In the Early Years, pupils are supported to develop the fundamental physical skills that underpin future learning and participation in sport. They develop core strength, stability, balance, spatial awareness, coordination and agility, refining movements such as rolling, crawling, walking, running, jumping, hopping, skipping and climbing. Through a combination of indoor and outdoor activities and the use of appropriate apparatus, pupils build strength, confidence and control, progressing towards increasingly fluent and coordinated movement.

Key Stage 1

Through a range of competitive and cooperative activities, pupils develop and apply their fundamental movement skills, building agility, balance and coordination. They will:

- Develop and apply basic movements, including running, jumping, throwing and catching.
- Improve balance, agility and coordination and begin to apply these skills in different activities.
- Participate in team games and begin to develop simple attacking and defending tactics.
- Explore and perform dances using simple movement patterns.

Key Stage 2

In Key Stage 2, pupils build on their previous learning, developing a wider range of skills and applying them in increasingly varied and challenging situations. Pupils are encouraged to communicate, collaborate and compete, developing confidence and enjoyment through physical activity. They will:

- Use running, jumping, throwing and catching skills both individually and in combination.
- Participate in competitive games and apply appropriate attacking and defending principles.
- Develop flexibility, strength, technique, control and balance.
- Perform dances using a range of movement patterns.
- Take part in outdoor and adventurous activities and challenges, both individually and as part of a team.
- Evaluate their own performance, comparing it with previous attempts and identifying ways to improve and achieve their personal best.

Inclusion

We are committed to ensuring that every pupil can participate, achieve and enjoy PE and physical activity. High-quality, inclusive first teaching is central to meeting the needs of all learners, including pupils with SEND. Teachers adapt activities, questioning, scaffolding, resources and levels of support to ensure that learning is accessible and appropriately challenging. We recognise that pupils may require different approaches to achieve success and provide opportunities for everyone to develop their skills, confidence and enjoyment of physical activity.

IMPACT

At Moredon Primary and Nursery School, we want every pupil to become the best version of themselves – physically, mentally, socially and academically. IMPACT is a weekly intervention designed to support pupils who would benefit from additional opportunities to develop their physical skills, confidence and wellbeing. IMPACT addresses gaps in fundamental movement skills and provides targeted support for pupils who may be physically inactive, have low levels of strength or fitness, experience difficulties with fine or gross motor skills, or lack confidence in their physical abilities. It can also support pupils who may benefit from developing their communication, cooperation and social skills.

I – Improving

M – Mental &

P – Physical

A – Activity in

C – Children

T – Together

Led by specialist coaches, IMPACT is a fun, engaging and inclusive programme where children can develop physical competence alongside their mental and social wellbeing. Through positive relationships, encouragement and achievable challenges, pupils are supported to build confidence, develop resilience and experience success.

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