



*Learning through hard work, friendship and fun.*

# **Mill Lane**

# **Physical Education**

# **Policy**

Adopted and ratified by governing body: March 2020

Review date: March 2022

Physical Education is integral to life at Mill Lane Primary School.  
We believe that, without physical good health, a person's life is restricted.

### **All children should**

- be physically fit
- have their fitness tested at the beginning and the end of the academic year
- participate in all activities during the school day unless there is significant medical evidence to prevent them eg a doctor's letter, an ongoing injury such as a broken limb or other significant conditions (eczema exacerbated by swimming). If a child is in school they are deemed well enough to join in. Staff in school may ask a child to sit out if they become unwell during the school day
- develop positive attitudes to physical activity
- pursue habits and interests that promote a healthy lifestyle
- respond positively to different challenges
- persevere and make sustained efforts to develop and improve their own performance
- become increasingly aware of how physical activity affects the body
- experience a wide range of physical activity
- develop and explore physical skill with increasing control and coordination
- develop confidence and competence in performing different skills
- appreciate the efforts of others, as well as their own
- experience competitive sports and learn how to deal appropriately with both winning and losing
- feel valued and safe to make mistakes and learn
- have the provision adapted to meet their specific needs if this is required
- wear safe PE kit and change if necessary (children can wear PE kit all day every day in line with school uniform)
- remove ALL jewellery before PE – watches and stud earrings may be worn for the Daily Mile as it is a non-contact sport
- wear the same footwear as the whole class – eg if the class are barefoot ALL children must be
- be trained on how to carry equipment

### **All teachers/adults should**

- provide children with two hours of PE a week
- support children from Reception to year 6 with running The Daily Mile
- ensure lessons incorporate a high level of fitness training in addition to the specific skills that need to be taught
- be employed by Mill Lane as a teacher or a coach (supported by school staff) or a Kirklees swimming teacher
- use a variety of teaching and learning techniques, with children involved in collaborative or individual work, and evaluation and reflection.
- Have access to CPD as needed.
- Assess pupils, in the form of verbal feedback during lessons and formally at the end of the year
- Inform parents/carers of children's progress in P.E in the end of year annual reports
- make regular observations and record these in the area of 'Physical Development' if working in EYFS#check that all equipment is safe and serviceable before use
- train children how to move and carry equipment
- be barefoot if children are