Mill Lane
PRIMARY SCHOOL

Learning through hard work, friendship and fun.

Mill Lane Physical Education Policy

Adopted and ratified by governing body: Sept 2025

Review date: June 2028

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
- children will 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 15 minute morning exercise as it is a non-contact activity. If a child cannot remove their own earrings the class teacher will assess the risk to that child and others at the start of the lesson and provide an alternative lesson if it is not safe for them to join in with their whole class – eg in a lesson where contact is likely
- 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 based on GetSet4PE
- support children from Year 1 to year 6 with running The Daily Mile or another form of intense exercise (15 minutes running each day – usually at 9am)
- 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