



# PE Policy

**Person responsible: Head teacher**  
**Ratified by the governing body: Spring 2021**  
**Date for review: Spring 2024**

A handwritten signature in black ink, which appears to read 'Anne Marie Renshaw'. The signature is written in a cursive style.

**Reverend Anne Marie –Renshaw**  
**Chair of Governors**



Every Child Every Chance Every Day

## PE Curriculum

### Intent

PE at Messing Primary School aims to develop the knowledge, skills and capabilities necessary for mental, emotional, social and physical wellbeing in our children now and for their future. Physical fitness is an important part of leading a healthier lifestyle. It teaches self-discipline and that to be successful, you must work hard, show resilience and have the determination to believe that anything can be achieved.

At Messing Primary School, it is our intent to teach children life skills that will positively impact on their future. We aim to deliver high-quality teaching and learning opportunities that inspire all children to succeed in physical activities. We want to teach children how to cooperate and collaborate with others, as part of a team, understanding fairness and equity of play to embed life-long learning.

### Implementation

Pupils at Messing participate in weekly high quality PE and sporting activities delivered by both teaching staff and professional coaches. In the early years, children begin their learning by following the objectives outlined in the Development Matters document while refining their Gross motor skills through programmes such as 'Go Noodle' and 'Cosmic Yoga'.

In Key stage one and two, our PE programme (Val Sabin) is progressive and builds on previous skills as children advance through their school year. The scheme incorporates a variety of sports to ensure all children develop the confidence, tolerance and the appreciation of their own and others' strengths and weaknesses while differentiating activities for pupils with SEND who may struggle with the social as well as physical elements of competitive sports. This is an inclusive approach which endeavours to encourage not only physical development and the drive to excel but also gain a deep understanding of how these contribute to well-being. Pupils are regularly given the opportunity to evaluate their performance as sports people through filming using iPads allowing them to give feedback and identify areas for improvement in future sessions.

We provide many opportunities for all children to engage in extra-curricular activities before, during and after school including dance, martial arts, football and netball being available throughout the year. In addition to these clubs, children take part in regular competitive sporting events through our local consortium. These include annual athletics events and regular sports competitions -netball, cross country, cricket and hockey to name a few. Children are also given tasters of a range of sports to inspire them to take these up outside of school or later in life. These have included fencing, golf, cricket and rugby.

All children in each year group benefit from a term of swimming lessons at our partner school offering the opportunity to acquire vital life skills in swimming ability as well as those involved in life saving. We understand the positive impact of exercise on mental health and aim to build healthy habits through regular exercise in the school day including the daily mile in Key Stage 2, fitness brain breaks in the classroom along with engaging activities during break and lunchtimes with trained staff and Year 6 ambassadors.

### **Impact**

Through a consistently engaging and motivating PE curriculum children will develop a clear understanding of the importance of fitness and physical activity including the benefits these promote. (Respect)

Within our lessons, children will maintain a positive growth mind set to learn and develop new skills while working as a team positively and effectively to accomplish a desired outcome. (Resilience)

Children will become reflective learners with a motivated attitude towards living a healthy and active lifestyle with the aim to continue their interests and sporting pursuits in the future (Reasoning)

Impact of learning in PE will be measured using a variety of summative and formative assessment methods based on specific milestones outlined by the National Curriculum. These include, observation of skills, discussions and feedback, peer filming and photographs and self -evaluation opportunities within lessons.