

Tarbiyyah Primary School

PE Policy

Date: June 2023

Prepared by: Head Teacher

Agreed with: Chair of Trustees

To be reviewed and updated: September 2024

Physical Education Policy

At TPS, pupil's learners will be taught that Islamically we must understand that our bodies have rights over us and it is our duty to look after our bodies as they are a trust from Allaah.

Through Physical education lessons in the school, pupils will develop physical competence and confidence, and their ability to use these to perform in a range of activities. It promotes physical skillfulness, physical development and knowledge of the body in action.

Physical education provides opportunities for pupils to be creative, competitive and to face up to different challenges as individuals and in groups and teams. It promotes positive attitudes towards active and healthy lifestyles.

Statement of intent

At TPS we intend to deliver a varied and well mapped out PE curriculum. It provides the opportunity for progression across the full breadth of the PE National Curriculum for KS1 and KS2 for both indoor and outdoor PE. It is our intention to develop a lifelong love of physical activity, sport and PE in all children. We aim to help ensure a positive and healthy physical and mental outlook in the future and help children to develop essential skills like leadership and teamwork. Within each lesson, we strive to give every child the opportunity to develop skills in PE, consider the impact on their health and fitness, compete/perform and evaluate.

Keeping in line with the curriculum intent principles of:

- **Develop and sustain our knowledge: *what we learn***
- **Develop and sustain our hearts and character: *who we are***
- **Develop and sustain our actions and attitudes: *how we live and learn***
- **Develop and sustain our moral compass: *the role we play in this world.***

Aims

Our school aims to:

- Teach pupils to be more skillful in the ways they control their movements and develop co-ordination
- Develop habits leading to a healthy and active lifestyle and promote physical well-being
- Help pupils understand how the body responds to activity
- Develop learners' confidence in applying and adapting a range of skills in a variety of settings
- Contribute to pupils social and emotional development, by developing their self-confidence and self-esteem
- Develop personal qualities such as commitment, fairness, tolerance, and a concern for others

- Develop personal and social competence and the necessary skills to manage success in competitive and co-operative situations; to cope with losing, and to retain a proper sense of perspective in competition

Learning Resources

Games equipment are available to enable pupils to work with balls, bats and rackets, which are best suited for their age and stage of development.

Pupils should be trained to select, collect and replace all equipment tidily, but it is the responsibility of the staff to ensure that this is done properly.

Responsibility for inspecting equipment is outlined below.

Safe Practice

Safety should be paramount when planning physical development activities.

Safety aspects should be discussed with the pupils prior to activities. Pupils should be taught how to improve their own abilities to assess risks.

First aid equipment must be available, and all staff should know what action to take, including calling for assistance in the event of an accident. Inhalers for learners suffering from asthma must be readily accessible.

Regular checks should be made on all equipment. Any items constituting a danger should be taken out of use immediately and the school administrator must be informed of any faults.

Pupils should be made aware of safe practice when undertaking any activity.

Pupils should understand the safety risks involved in wearing inappropriate clothing, footwear or jewellery. Good class control, appropriate routines and the use of recognised procedures to teach skills are fundamental to safety.