



Haughton School

Physical Education Policy

Updated: September 2025

Review date: September 2025

At Haughton we believe that Physical Education is crucial to health, fitness and well-being. It builds strength, improves and maintains mobility and challenges body and mind. It provides a foundation for active living and at its best, fosters interests which continue for a lifetime.

The World Health Organisation regards childhood obesity as one of the most serious global public health challenges for the 21st century. Obese children and adolescents are at an increased risk of developing various health problems and are also more likely to become obese adults.

Statistics from The World Health Organisation state:

The worldwide prevalence of obesity nearly tripled between 1975 and 2016

39 million children under the age of 5 were overweight or obese in 2020.

Our overriding aim is for children at Haughton to experience such a positive attitude to physical activity that a pattern of regular exercise will be continued throughout life.

Our aims are:

- To enable all of our children, whatever their circumstances or ability, to enjoy PE and sport.
- To promote children's health, safety and well-being
- To enable all children to improve and achieve in line with their age and potential.
- To provide lessons based on maximum physical activity.

Physical Education within school

Many of our children have delayed development of motor skills. Research reveals that this can be a major barrier to participation in physical activity leading to a drop out from organised sport because they cannot perform the skills well enough to participate successfully.

We believe that playing games that are fun, inclusive and skill-based help prepare children to participate in a wide variety of physical activities with greater success and enjoyment and at the same time learn about cooperation, competition, communication, relationships, equality and the meaning of success.

To support maximum participation in lessons, elimination games should be adapted to ensure that all children are active for longer and therefore reduce waiting and turn taking time. Activities should be active to raise the children's heart rate. Relaxation disciplines can be incorporated within cool down sessions as a way of supporting other aspects of health and relaxation.

In Badgers all children follow the Developing Fundamental Movement Skills programme. The programme supports the development of fundamental movement skills in a fun and purposeful way and provides a strong foundation for many physical activities. We believe that having these skills is an essential part of enjoyable participation and a lifelong interest in an active lifestyle. The programme enables children to learn and develop fundamental skills through play and games and children develop gross motor and fine motor skills with the support of the Early Years Curriculum. It encourages maximum participation and enjoyment and assists children to progress at their own rate. The programme groups skills and activities under three fundamental skill categories: Locomotor, Stability and Manipulative. Each movement skill is divided into three learning phases: Discovering, Developing and Consolidating. The children engage in activities to learn and explore movement skills. They then refine them to become more efficient through repetition and practice in a variety of contexts and finally apply the movement skills in a variety of ways in more complex games and activities.

Children in Key Stage 1 and Key Stage 2 follow the PE scheme devised by Twinkl.

Key Stage 1 children will have the opportunity to master basic movements including running, jumping, throwing and catching, as well as developing basic agility and coordination that they can then apply to a range of activities. They will also

participate in games that will develop simple tactics for attacking and defending and perform dances using simple movement patterns.

In Key Stage 2 children will use running, jumping, throwing and catching in isolation and in combination. They will have opportunities to play competitive games, modified where appropriate, such as badminton, cricket, football, netball, rounders, tennis and apply basic principles suitable for attacking and defending. They will have opportunities to develop flexibility, strength, control and balance through work in athletics and gymnastics. They will perform dances using a range of movement patterns, take part in outdoor and adventurous activity challenges both individually and as part of a team. They will be supported to compare their performance with previous ones and demonstrate improvements to achieve their personal best.

All pupils will change into a P.E kit for physical activities as we believe that this is a core skill in itself and should not be underestimated.

Assessment

Each child in Badgers has a P.E assessment within their E-Tab which shows their progress within the relevant skill category e.g. Locomotor, Stability and Manipulative. Progress is shown in the three learning phases (Discovering, Developing, Consolidating) by the colour coding system shown below.

Discovery – Makes a concentrated effort to learn the movements.	Developing – Learners become more efficient and refined in their movements in a variety of contexts.	Consolidating – Children use more automatic movements and apply and combine these in games.	Not applicable
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Assessment is completed each half term.

Children in the rest of the school have their PE development assessed through iASEND and this will be completed as each area is taught throughout the year.

Further Opportunities

In addition to the Fundamental Movement Skills programme and the Twinkl PE scheme we build in opportunities for our children to experience other specific games and sports with outside providers. We have links with cricket and tennis coaches who provide our children with opportunities to develop and enhance their skills, during the school day and as part of an after-school club.

Children in our Badgers class swim for 30 sessions of the year and all other classes swim for 10. Children are initially supported to be confident in the water and to be independent from an adult with the use of buoyancy aids such as shark fins and woggles (some Badgers children have armbands if they are provided by the parents and already inflated)

Children are then supported by the adults to splash their faces with water, submerge their face in water and get themselves in and out of the pool from the side independently. Adults work at the children's pace and encourage and support them to achieve small goals.

Children will be encouraged to move in the water with a horizontal body on their back and on their front. They will be taught to propel themselves through the water using their arms and legs.

All of these skills will be taught through games and activities with the adult's support. Assessments will be completed throughout the sessions and children will receive a certificate showing their achievements.

Cross-Curricular

We incorporate health, fitness and well-being into other areas of the curriculum which are delivered through the International Primary Curriculum, CalmBrain and our PSHE programme.