



MOUNT PRIMARY SCHOOL

Physical Activity Policy Written September 2025 To be reviewed September 2026

Signed - _____
(Headteacher)

Signed - _____
(Chair of Governors)

Intent

At Mount Primary School, we believe that high-quality Physical Education (PE) is essential in developing children's physical competence, confidence, and enjoyment of physical activity. Our curriculum provides opportunities for all children to develop skills and understanding across a broad range of physical activities, including dance, games, gymnastics, swimming and water safety, athletics, and outdoor adventurous activities.

We aim to promote a lifelong commitment to a healthy, active lifestyle by helping children understand the benefits of physical activity on physical and mental wellbeing. Through PE, we teach children to think critically, apply skills, and adopt positive attitudes towards teamwork, perseverance, and self-improvement.

Our PE curriculum is designed to allow every pupil to:

- Enjoy being physically active and find success in PE regardless of ability.
- Develop core movement skills, balance, coordination, and agility.
- Build physical literacy to support participation in physical activity for life.
- Grow socially, emotionally, and cognitively through inclusive, engaging experiences.
- Understand how to stay safe and make informed decisions about their health and fitness.

Our PE curriculum is designed to allow each pupil to:



Our aims in PE are:

Physical Development

- To develop physical competence and confidence through acquiring and refining a broad range of motor skills.
- To explore different ways the body can move and perform.
- To enhance fitness through strength, flexibility, and endurance development.
- To understand the physical benefits of regular activity and how the body responds to exercise.

Social and Emotional Development

- To foster a love for physical activity and sport.
- To build independence and teamwork through collaborative and competitive experiences.
- To grow confidence and resilience in individual and group settings.
- To promote safe practices and responsibility for the wellbeing of self and others.
- To encourage leadership by creating and teaching games.
- To embed the values of fairness, respect, and inclusion.

Cognitive Development

- To develop problem-solving and decision-making skills in physical contexts.
- To enhance reasoning and judgement in performance and strategy.
- To understand how to apply and combine skills, tactics, and compositional ideas effectively.
- To improve observation, reflection, and the ability to give and receive constructive feedback.
- To evaluate and improve performance through the application of correct techniques.

Spiritual, Moral, and Cultural Development

- To develop positive self-image and respect for others through physical activity.
- To experience a diverse range of activities, with emphasis on enjoyment and personal achievement over competition.
- To encourage sportsmanship, celebrating effort, improvement, and success in others.
- To promote respect for opponents, teammates, and officials.

Implementation

Mount Primary School follows the National Curriculum for Physical Education. Curriculum planning is organised in three phases: long-term, medium-term, and short-term. The long-term overview maps out key units for each term and year group. Medium-term plans provide the content and learning objectives for each unit, while short-term planning allows teachers to adapt lessons based on the needs of their pupils.

Our PE provision ensures:

- Progression of skills from EYFS to Year 6.

- Access for all pupils, with differentiation through the **STTEP** principles (Space, Task, Time, Equipment, People).
- Opportunities to revisit key skills to deepen knowledge and mastery.
- A variety of learning styles including individual, paired, group, and whole-class teaching.
- Access to high-quality PE equipment and facilities.

Staff Development:

Teachers are supported through CPD delivered by the PE lead and external providers such as Edsential. This ensures teaching staff are confident and competent in delivering high-quality PE lessons. External specialists may also assist with specific areas, and new providers are observed before independently leading sessions.

PE for all

We are committed to providing inclusive PE lessons where all children, regardless of ability or additional needs, can participate and succeed. Lessons are adapted to meet individual needs through skilled differentiation. Assessment is ongoing and supports progression and planning.

We provide suitable learning opportunities for all children by following the STTEP model.



Organisation and planning

PE is a foundation subject in the National Curriculum. Our school uses a personalised scheme of work that has been designed to meet the needs of the children of Mount Primary. As required, we teach dance, a range of games and gymnastics at Key Stage 1. In Key Stage 2 we teach compulsory dance, games and gymnastics, plus two other activities: outdoor and adventurous activities and athletics. Swimming and water safety is introduced in upper Key stage 2.

Early Years Foundation Stage

In EYFS we encourage the physical development of our children as it is an integral part of their work. As the reception class is part of the Foundation Stage of the National Curriculum, we relate the physical development of the children to the objectives set out in the Early Learning Goals, which underpin the curriculum planning for children aged three to five years of age. We encourage the children to develop confidence and control of the way they move, and the way they handle tools and equipment. We give all

children the opportunity to undertake activities that offer appropriate physical challenge, both indoors and outdoors, using a wide range of resources to support specific skills.

Key Stage 1

In KS1 children should develop core movement, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and co-ordination, individually and with others. They should be able to engage in competitive (both against self and others) and co-operative physical activities, in a range of increasingly challenging situations.

Key Stage 2

In KS2 children should continue to implement and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to succeed in different activities and sports and learn how to evaluate and recognise their own success.

Safety

Safety is paramount in all PE lessons and physical activities. The following expectations must be followed:

- Appropriate PE kit: shorts and t-shirts for indoor PE, with bare feet. Outdoor PE requires trainers/pumps and weather-appropriate clothing (e.g. tracksuits).
- No jewellery is to be worn.
- Long hair must be tied back; rigid headbands must be removed.
- Equipment is checked regularly and lessons planned with risk assessment in mind.
- All staff follow **AFPE Safe Practice in PE** guidance.
- Only suitably trained staff or qualified external providers deliver PE sessions.

Extra-Curricular Provision

Our extra-curricular programme enriches the curriculum by offering a variety of clubs and activities, including dance, games, gymnastics, athletics, and more. These clubs are inclusive and aim to cater for all pupils, including both competitive and non-competitive opportunities.

We participate in local school sports competitions to provide pupils with meaningful competitive experiences that promote teamwork, resilience, and school spirit.

Swimming and water safety

Given our location on the Wirral peninsula, swimming and water safety are critical components of our PE curriculum. All Year 6 children attend school swimming lessons, where the aim is for every child to swim **at least 25 metres** confidently by the end of KS2.

Swimwear Expectations:

- **Boys:** above-the-knee trunks (no loose shorts).
- **Girls:** one-piece swimsuits (no bikinis or tankinis).

- **All children** must bring a clean towel and appropriate swimwear.



Break time and lunch time provision

We actively promote physical activity during break and lunchtimes:

- **Play Leaders** support structured and unstructured games.
- **Teaching Assistants** are trained in organising and facilitating active games using the **Better Lunchtime** programme.
- Children are encouraged to be active and engaged, with all equipment used safely and responsibly.

Staff model active behaviours and encourage participation for all.

Working with external partners

The school works closely with a number of external partners and agencies to improve the physical activity on offer. We are currently working with Edsential and LFC Foundation.



Impact

Our broad and ambitious PE curriculum ensures children:

- Develop physical competence and confidence.
- Build positive relationships with physical activity.
- Understand the role of exercise in supporting mental and physical health.
- Are equipped with skills and knowledge to lead healthy, active lives.

We regularly monitor and evaluate our PE provision through:

- Pupil voice and feedback
- Lesson observations and learning walks

- Staff reflection and professional dialogue
- Assessment of progression and participation

Subject leaders and senior leaders review impact and identify areas for further development, ensuring that PE continues to be a strength of our whole school curriculum.