



Muswell Hill Primary School

Physical Education

Curriculum Policy

Agreed: September 2019 for annual review

Review: Annually, next review September 2027

Muswell Hill Primary School was awarded the afPE Quality Mark with distinction in July 2025.

Muswell Hill Primary School is a Rights Respecting School, based upon the UNICEF Convention of the Rights of the Child.

We believe that all children should grow up aware of these rights and respect these rights for themselves and for others. Being a Rights Respecting School underpins policies throughout the school. **The school received the Gold award in December 2023.**

Vision & values

At Muswell Hill Primary we have worked hard to create a successful, high achieving, happy, inclusive community. One we are proud of and one which enables us to work in partnership with others, celebrate our successes and empower our children to be the best versions of themselves. Our community is where friendships thrive and where children are encouraged to discover a world of possibilities in a challenging yet supportive setting. Here at Muswell Hill Primary School, we embrace the joy of learning every day, through our strong, rich, broad curriculum.

5 Golden Values

Respect (for themselves and each other)

Integrity (acting with at all times)

Sense of **Resilience**

Curiosity (discovering the world around them)

Creativity (exploring their learning journey)

The following articles underpin our vision & values:

Article 28: The Right to an Education

Article 12: Respect for children's views

Article 29: Goals of Education

Article 13 and 14: Freedom of Expression/Thought

Article 42: Knowledge of Rights

Article 27: Standard of living for Physical, Emotional and Mental Health needs

Commitment to our pupils

At Muswell Hill Primary School, the staff and governors are working every day so that by the time you leave us:

1. You will love learning new things, feel ready for the future and want to keep on learning.
2. You will understand how you learn best, learn from your mistakes and how to persevere.
3. You will know what it feels like to be motivated to be good at something, and to have achieved your very best.
4. You will understand just how incredible you are! You will believe in yourself and have the confidence to follow your dreams.
5. You will have grown as healthy and strong as you can, and you will know how to look after your body and your mind.
6. You will know friendship and will have learned how to get along with other people.
7. You and your family will be supported and cared for if you struggle or meet obstacles during your time with us.
8. You will feel part of your community, proud of your school, and inspired to make a difference.
9. You will leave Muswell Hill with lots of good memories and be the best version of yourself.

Aims/Mission: *Everyone belongs here, everyone has a voice, and everyone is heard.*



**association for
PHYSICAL EDUCATION**

This is to certify that:

Muswell Hill Primary School

has demonstrated outstanding commitment to
improvement in Physical Education, School Sport and
Physical Activity for the Quality Mark Award with
Distinction

Valid Until: 30th June 2028

A handwritten signature in black ink, reading 'K. L. Thornton-Bousfield'.

Kate Thornton-Bousfield
afPE Chief Executive Officer

Subject: Physical Education**Leader of Learning is Riaan Kelly from Kickabout****Core Essence- What is Physical Education in a primary setting?**

A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

At Muswell Hill Primary:

- PE will be taught for two hours per week and will consist of one indoor session (covering Dance or Gymnastics on a half termly rotation) and one outdoor session.
- Val Sabin Publications/Training is used to teach all aspects of PE in KS1 and Gymnastics/Dance in KS2.
- Get Set4PE Sports is used for outdoor games in Reception to Y6
- Children will have the opportunity to compete out-of-school in inter-school competitions within Haringey.

Key Questions:

- How can you improve your running? Jumping? Throwing? Catching? Balance?
- How can we make sure that we defend effectively?
- How can we make sure that we attack and score from our attack?
- How do you know when you have done well?
- Why is it important to do physical activity?
- How can you apply your knowledge and skills from football into a netball game?
- How can you work well as a team?
- How can you link your dance/gymnastic movements together?
- How can you overcome problems as a team?
- How can you improve your performance?

Key knowledge, skills and thinking from the curriculum

KS1:

Knowledge and understanding of fitness and health

Pupils should:

- be physically active for sustained periods of time
- have the strength, stamina and suppleness to use a range of fundamental movement skills across a broad range of activities

The activities and experiences in the PE programmes of study should aim to ensure ALL pupils lead healthy and active lives.

KS2:

Knowledge and understanding of fitness and health

Pupils should:

- be physically active for sustained periods of time
- develop flexibility, strength, stamina to be able to play in games, take part in performances, overcome challenges and achieve personal bests

The activities and experiences in the PE programmes of study should aim to ensure ALL pupils lead healthy and active lives.

Swimming

All schools must provide swimming instruction either in key stage 1 or key stage 2

Pupils should be taught to:

- swim competently, confidently and proficiently over a distance of at least 25 metres.
- use a range of strokes effectively [for example, front crawl, backstroke and breaststroke].

Links to English (speaking& listening, writing and reading)

Speaking and Listening – The children have to work in collaboration with team mates during team games and they will also need to work in collaboration when making up their own dance/gymnastic routines.

Reading and Writing – Children will write reports for the school website (<http://muswellhillprimary.co.uk/sports/>) covering any out-of-school sporting activities that we are competing in. Any large sporting events, e.g. Olympics/World Cups, will provide inspiration for writing opportunities within English.

Links to Maths

PE can be linked to Maths in many different ways: Measuring distances that different children have jumped or different athletes have jumped, ordering running times in order (which includes decimal numbers), putting data into pictograms, bar charts and pie charts, word and money problems about different sporting events, investigations etc.

Guidelines for teaching PE at Muswell Hill Primary School relating to health, safety and general good practice:

All PE Lessons

- All children to partake in PE unless they have a note from parents/doctor.
- Teachers to dress appropriately for the lesson i.e. to comply with the same rules as the children.
- Boys and girls to change separately in KS2 (either boys or girls sent to toilets to change depending on what is most suitable for each teacher).
- All children to be wearing suitable clothing that is different from their school clothes. In KS2 children should have a red polo shirt and navy or black shorts for PE lessons, in KS1 a t-shirt and shorts are acceptable if they are different from the clothes they are wearing to school. If children are missing items of clothing, they can be sent to the parallel class to ask to borrow specific items, e.g. a child from Violet can be sent to Amethyst to ask for a hairband/PE shirt etc.
- Hair tied up when it is shoulder length or longer.
- No jewellery
- No watches
- Teachers to choose teams for games
- Staff to be aware of any specific special educational/physical/behavioural/medical needs of your pupils e.g. dyspraxia, use of asthma reliever
- Whether glasses are removed is down to the individual's preference.

Indoor PE

- Bring shoes and socks into hall in case of Fire Alarm.
- Do not wear shoes or socks when in hall. Outdoor PE
- Wear suitable footwear.
- Assess weather conditions before and during lesson.

Changing for PE

- Children in the EYFS and KS1 change in the classroom for PE unless specific requests or adjustments are required. This could be parental or Inclusion led.
- Some children change in cubicles for swimming at the pool in Year 5 and Year 6 dependent on their needs and reasonable adjustments, all other children change in boys or girls changing rooms and are supervised by a same sex adult.
- Children in Years 3- 6 change in single sex spaces and are expected to wear appropriate school-defined clothing.

Equal Opportunities

At the School we are committed to ensuring equality of opportunity for all pupils, staff, parents and carers irrespective of race, gender, disability, belief, sexual orientation, age or socio-economic background. We aim to develop a culture of inclusion and diversity in which all those connected to the school feel proud of their

identity and ability to participate fully in school life. We believe that children should have equal access to and participation in a range of physical education activities. Teachers plan their lessons and make necessary adaptations to ensure appropriate challenge and accessibility for all learners.

Inclusion

At the School we are committed to ensuring that all children participate in PE and physical activity irrespective of any special educational need(s) or physical disability they may have. We believe that children should have equal access to and participation in a range of physical education activities in order to reach their own potential. Research has shown that children ALL participating in PE together proves better outcomes for ALL.

Other- relevant information, reading or websites

<http://www.afpe.org.uk/physical-education/2014-national-curriculum/>

Advice on the curriculum.

<http://www.afpe.org.uk/physical-education/advice-on-sport-premium/>

Advice on the Primary PE & Sport Premium

<http://www.getset4pe.co.uk/>

All assessments of children's progress towards the NC are recorded online by the coaches and teachers.