



Dar Ul Madinah will nurture our learners into model citizens that exemplify the inherent values of Islam, make a positive contribution to the community and are champions of their faith.

PE Policy

This policy is in line with the Mission Statement of the School

Document Control

This policy has been approved for operation within Dar Ul Madinah Primary School.

Date of last review: July 2025
Date of next review: July 2026
Review period: Annually
Policy Status: Statutory
Owner: Directors

At Dar Ul Madinah we are committed to delivering a broad and balanced Physical Education curriculum enabling positive participation in physical activity. Through PE and sport, our children are able to and achieve through the development of a range of invaluable life skills including discipline, resilience, communication, teamwork, and ambition.

We aim to ensure that all pupils:

- develop confidence and competence to excel in a broad range of physical activities.
- engage in competitive sports and activities.
- are physically active for sustained periods of time
- lead healthy, active lives through sustained periods of physical activity and the development of knowledge of health and wellbeing.

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.

(National Curriculum 2018, p204)

Pupils are to know, apply and understand the matters, skills and processes specified in the relevant programme of study.

Key Stage 1

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

Pupils will be taught to:

- Master basic movements such as running, jumping, throwing, catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities.
- Participate in team games, developing simple tactics for attacking and defending.
- Perform dances using simple movement patterns.

Key Stage 2

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

Pupils will be taught to:

- Use running, jumping, throwing and catching in isolation and in combination.
- Play competitive games, modified where appropriate, such as: badminton, basketball, cricket, football, hockey, netball and tennis.
- Apply basic principles for attacking and defending.
- Develop flexibility, strength, technique, control, agility and balance (for example, through athletics and gymnastics).
- Perform dances using a range of movement patterns
- Take part in outdoor and adventurous activity challenges both individually and within a team.
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.
- Develop a positive attitude towards PE.
- Cope with success and failure.

- Understand how to be safe during physical activity and exercise.
- Learn about commitment, fairness, personal responsibility, enthusiasm and perseverance.

Assessment and Reporting

At Dar Ul Madinah, we ensure PE lessons are well differentiated for all abilities and all pupils are challenged to achieve their very best. Lessons are there to build on what the pupils already know, understand and can do. The teacher then identifies what pupils need to do next in order to improve and uses the curriculum documents in place to further learning.

Monitoring arrangements

Board members monitor coverage of subjects and compliance with other statutory requirements through:

- Monthly Board meetings, school visits, meetings with the headteacher and regular reports, etc.
- Planning scrutinises, learning walks, book scrutinies, half termly assessment and progress tracking through Sonar Tracker.

Links with other policies

This policy links to the following policies and procedures:

- Curriculum policy
- EYFS policy
- Assessment policy
- SEN policy
- Equality information