



**MUNTHAM HOUSE SCHOOL**

**PHYSICAL EDUCATION  
POLICY**

## **Physical Education Policy**

### **Overview**

It is our belief at Muntham House School that Physical Education is at the forefront in maintaining and driving our pupils' overall health, not just physical health, but also mental health and wellbeing.

This will, in turn, help to improve pupils' academic results, social well-being, and self-confidence. The PE curriculum and enrichment programme provides an opportunity for high-quality teaching and learning, which immerses students in specialist knowledge, and inspires them to engage in a lifelong love of physical activity and sport, but also enables pupils to develop important life skills and become a well-rounded, successful individual ready to enter the ever-changing modern world.

### **Intent – Aims and Objectives**

#### **Primary**

At Muntham House School, the PE curriculum is designed using the Head, Heart, Hands model to develop the crucial skills and attributes required for the modern world. This spiral curriculum provides pupils with opportunities to develop not only as an athlete or sportsman but also as an overall well-rounded pupil.

#### **KS3/4**

Underpinning the curriculum design is the teaching of progressive skills rather than monotonous blocks of sports and activity. This therefore allows pupils to access an extensive breadth of curriculum, as well as focusing on the social and emotional transferable skills that can be learnt during Physical Education and cross-curricular links with PSHE. These are not only vital characteristics and skills for life but are essential for what it takes to be successful in the world of sport. Our curriculum is inclusive for all abilities, aiming to nurture athletic pupils and support more reluctant pupils to find a sport they can commit to and enjoy and most importantly, creating young, well-rounded adults that are prepared for the challenges of the modern world after school life.

Within Key Stage 3, we expose our students to a broad and balanced curriculum which provides them with the opportunity to master the fundamental skills which underpin sports performance across a wide range of sporting contexts, both within lesson time and within the extensive enrichment program.

Within Key Stage 4, we provide the opportunity for students to study a greater depth of knowledge within the subject through a wide range of examination courses, which provide a suitable route for all students through completing the BTEC Award in year 10 and Certificate in year 11. Across both key stages, knowledge is sequenced coherently so that students' appreciation of sport and PE incrementally grows to specialist understanding term on term.

Head	Heart	Hands
		
<ol style="list-style-type: none"><li>1. Knowledge</li><li>2. Understanding</li><li>3. Analysis</li><li>4. Feedback</li><li>5. Responsibility</li><li>6. Rules</li></ol>	<ol style="list-style-type: none"><li>1. Communication</li><li>2. Leadership</li><li>3. Respect</li><li>4. Resilience</li><li>5. Effort</li><li>6. Confidence</li></ol>	<ol style="list-style-type: none"><li>1. Physical Ability</li><li>2. Fitness Levels</li><li>3. Competitive</li><li>4. Technique</li><li>5. Tactics</li><li>6. Problem Solving</li></ol>

### Post 16

Sports is a globally growing industry which not only entails the competitive nature but also many other industries, such as health and well-being and job opportunities. With obesity and mental health issues on the rise, it is important for future generations to learn and understand not only the impacts but also the strategies on how to avoid and/or deal with such things.

Having the opportunity to study and take part in regular high-quality PE at KS5 provides Post 16 pupils with the opportunity to learn about the sports industry and important factors such as health, race and gender equality. Pupils have the opportunity to study a BTEC Level 3 Foundation Diploma in Sport. This course is equivalent to 1.5 A-levels and gives pupils an opportunity to earn UCAS points to study in Further Education. Pupils learn about research in the sport industries, practical coaching methods in sport and anatomy and physiology in sport. This leads to employment opportunities in areas such as the sports, private, and public sectors.

### Implementation – Curriculum Map

Our overarching aim is to provide a high-quality, broad, balanced and differentiated curriculum that encourages excellence, lifelong participation and enjoyment of sport and physical activity.

### Primary

Effective implementation of this model will ensure that pupils not only develop into well-rounded and well-coordinated pupils but are also provided with lifelong transferable skills. Primary PE at Muntham House School aims to develop a fun, inclusive, high-quality physical education, inspiring pupils to excel and succeed in various areas of physical activity. Pupils are provided with opportunities to start developing their coordination and general fitness, which also supports pupils' mental health and well-being. Pupils will have opportunities to start competing in sport and other activities that build character, develop social skills and self-confidence.

### KS3/4

At Key Stage 3, the focus in PE is on a broad and balanced curriculum which gives pupils the opportunity to participate in a variety of different sports. Within these sports, the focus is on developing a deep knowledge of the threshold movement skills and tactics which underpin all sports, such as throwing, catching and movement skills in team sports; forehand, backhand and footwork skills in net sports; and finally hitting, retrieving and tactical awareness in striking and fielding sports.

As well as the practical focus, we also look to embed a mastery theme across each year group. Each term focuses on a strand of theoretical knowledge which underpins sports performance. This helps to create a bigger picture for our pupils of what it takes to be an elite sports person. Example themes are basic anatomy and physiology, the components of fitness and effective warmups. These key mastery concepts will be taught discretely through depth of questioning, and, where relevant, when teaching knowledge of successful skill acquisition.

At Key Stage 4, we also have a varied offer for our examined options, ensuring that we are inclusive for all students who wish to follow a sports-based route in Key Stage 4. In Year 10, students complete the BTEC L1 award in Sport, and in Year 11, students progress to completing the BTEC L1 certificate in Sport. Pupils are taught in a variety of engaging ways to develop the key concepts and skills necessary, with an emphasis put on creative, imaginative and interactive ways to learn.

The long-term curriculum map is designed to thread through from Primary to Secondary to ensure that pupils have the skills to achieve within Key Stage 4. Furthermore, developing and sequencing learning in a way which flows across the key stages with each topic area leading into, and relating to the next, this ensures there is fluency and progression evident in learning.

### **Post 16**

At Muntham House School, we offer the Pearson L3 BTEC Foundation Diploma in Sport. This is a great course to progress on from completing the L1 Certificate in Year 11. The course is made up of seven units, five of which are coursework-based with one unit being externally assessed.

- Anatomy & Physiology
- Fitness Training
- Professional Development in the Sports Industry
- Sports Leadership
- Coaching for Performance
- Research Project in Sport
- Practical Sports Performance

All students completing this course receive a double lesson a day to ensure that all units can be taught to the highest standard in preparation for each assignment. Students have gym memberships as part of their qualification and are scheduled to regularly visit the gym in line with the requirements of the qualification. This is also continuing to promote an active, healthy lifestyle, providing our young students with the skills needed to be academically, socially and emotionally successful in a challenging work life in the modern world.

### **Impact – Monitoring and Assessment**

#### **Primary**

Regular participation and competition will help to embed values such as sportsmanship, fair play and respect. At Muntham House School, PE is an imperative part of the curriculum,

which introduces the need for healthy lifestyles, a balanced diet, a growth mind-set and the resilience to persevere with activities that may be once felt too difficult. Staff are passionate about the need to teach pupils how to cooperate and communicate properly with others through exercise and playing sports. Understanding, fairness, determination and teamwork embed life-long values for our pupils. All these skills prepare pupils to make a fluent and seamless transition into secondary school.

### **KS3/4**

At Key Stage 3, students are able to explain how physical competence, mastery and knowledge, and character and confidence impact their sports performance and their overall health and wellbeing. The breadth and depth allow students to find an area of the curriculum which appeals to them and helps to promote a positive attitude towards having an ongoing, healthy and active lifestyle. The love of sport and physical education at Muntham House School is evident with the uptake of our 'sport enrichment' programme, providing a competitive sports pathway for pupils both inside and outside the school via community links.

At Key Stage 4, pupils engage in sport and exercise through the options programme tailored to their needs in order that the positive engagement continues beyond their schooling. This is to ensure that pupils can leave school with positive wellbeing strategies for entering the challenging modern world. Pupils at Key Stage 4 will gain qualifications which allow them to access further education courses and pursue possible careers in all areas of the sports and exercise industry.

### **Post 16**

Pupils have always shown positive signs of progression in their respective courses, and pupil retention has also always been high. Pupils who are studying sport during KS5 are equipped with their knowledge, understanding and work ethic to have a promising and successful career in the sport sector. Depending on the final grade for the BTEC Level 3, pupils can accumulate between 24 and 84 UCAS points, which can be used to apply for University Courses. Pupils previously have progressed to undertaking courses in personal training and sports coaching.

### **Reporting Progress**

Teachers assess whether each student is working below, on, or above their target in P.E for the term, and evaluate their attitude to learning as excellent, good, satisfactory, or requiring improvement. This ensures that progress is communicated effectively to parents/carers and the senior leadership team. Parents then receive a termly P.E report card outlining their child's progress and attitude to learning.

### **Extracurricular – Promoting 60 Minutes of Activity**

The importance of moving more and sitting less in the maintenance of young people's physical and mental wellbeing has been highlighted throughout our progressions forward from COVID-19. Experts recommend that young people should ideally accumulate 60 minutes of at least moderate intensity activity a day.

Muntham House School will be championing our young people to keep active both in and out of the curriculum. Exciting opportunities will remain on offer for pupils on an extracurricular basis, including extracurricular lunch time and after-school activities, clubs and academies, inter-school competitions and engagement trips.

**Monitoring the Effectiveness of the Policy**

Annually (or when the need arises), the effectiveness of this policy will be reviewed by the Head of English, the Head of Education and the nominated governor. Necessary recommendations for improvement will be made to the Governors.