



PE POLICY

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Introduction

This policy outlines the teaching, organisation and management of the Physical Education Curriculum at Sunrise English Private School. The policy has been drawn up as a result of discussion and has the full agreement of the School governing Body. The implementation of this policy is the responsibility of all the staff members.

School Vision for PE

Healthy & Active Lifestyles

We aim to educate children to develop a greater understanding of the benefits of healthy living. Children need to practice skills on a daily basis to show commitment to keeping their bodies healthy. This will promote long term healthy, active lifestyle choices. We will build knowledge, improve skills and deepen social wellbeing within a fruitful partnership between home, school and the community.

1. Policy Requirements

Schools must develop, implement, and evaluate a PE and school sports policy that includes the following:

- **Vision & Strategy:** Outlines the school's vision, mission, and strategy for promoting student physical health.
- **PE & Sports Implementation:** Details how the policy will be implemented through PE curricula and sports programs.
- **Daily Physical Activity:** Promotes at least 30 minutes of moderate-to-vigorous physical activity (MVPA) per day.
- **Awareness Campaigns:** Promotes the importance of physical activity among students, staff, and parents.

2. Staying Active

Holistic Activity Goal: Schools shall provide opportunities for students to be active throughout the school day to reach the target of averaging at least 30 minutes per day within the school Assembly.

- **Opportunities for Physical Activity:** Schools will provide opportunities for students to engage in physical activity throughout the day, including during breaks and through classroom initiatives.
- **Engagement of Stakeholders:** Engages stakeholders to promote broader sports programs.





- **Targeted Support:** Focuses on students who are least active and provides additional support to increase their activity levels.

3. Inclusion

- **Inclusive Participation:** All students must have the opportunity to participate in PE and school sports. Modifications or alternative roles will be provided for students who may face barriers to full participation.
- **Opportunities for All Students:** Ensures equal opportunities for girls, students with additional learning needs, and gifted/talented students.

4. Gender Considerations

- **Gender Equality:** Schools must comply with gender requirements, ensuring equal opportunities for male and female students in PE and school sports.

5. Physical Literacy Framework

- **Development of Physical Literacy:** Schools must create a physical literacy framework that focuses on enjoyment, confidence, competence, knowledge, and understanding of physical activities.
- **PE Curriculum and school sports programs:** Schools shall use their physical literacy framework to support PE teachers and coaches in planning their PE curriculum and school sports programs, respectively, to address physical literacy outcomes.

6. Competition

- **Healthy Competition:** Schools must create an environment that fosters healthy competition based on core values like honesty, teamwork, and respect.
- **Inclusive Competitions:** Schools must provide both intra-school and inter-school competition opportunities, adapting these to be inclusive and accessible to all students, including those with additional learning needs.
- **Competitive Opportunities :** Schools shall provide opportunities for all students to participate in competition through PE or school sports.
- **Gifted and/or talented :** Students should have adapted PE experiences that provide sufficient challenges. Schools should also offer opportunities for these students to compete with peers and develop their talents through available competition structures. Additionally, schools should collaborate with local sports clubs or national federations to provide talent identification, coaching, masterclasses, and venues for competitions.





7. Teachers and Coaches

- **PE Teacher Qualifications:** Schools must hire qualified PE teachers in line with the school's eligibility policy.
- **Continuous Professional Development:** Schools must ensure PE teachers receive 75 hours of CPD per year, while coaches receive 25 hours.

8. Health and Safety

- **Health and Safety in PE:** Schools must adopt strict health and safety measures to ensure students' well-being during PE and school sports activities.
- **Health Record :** School clinical shall maintain accurate health and safety records of all incidents and actions that take place during PE and school sports.
- **First Aid & Emergency Training:** All staff involved in PE must undergo mandatory first aid training and adhere to health and safety protocols.
- **Risk assessments :**Schools shall conduct risk assessments on any new activities sought, and all equipment (both fixed and portable) should be regularly checked, maintained, and be suited to the size and ability of the student
- **Medical conditions Record:** PE teachers and coaches have access to students' medical records and are aware of students' medical conditions that could be potentially impacted by engaging in PE and school sports.

9. PE Curriculum, Pedagogy, and Assessment

- **Curriculum Development:** Schools must develop and implement a written curriculum that promotes physical, social, cognitive, and psychological outcomes.
- **Assessment:** Schools must assess student progress in physical literacy and ensure the curriculum is inclusive and progressive.
- **Minimum PE Time Per Week:** Schools shall provide an average of at least 60 minutes of taught, timetabled PE per week across the school year to all students (with an aim to provide 120 minutes of PE per week, whenever possible).
- **Inclusive:** Schools shall use inclusive pedagogical approaches and language (e.g., using terms such as "moving," "traveling," "sending," and "receiving" rather than "running," "jumping," "catching" and "throwing" respectively).





10. School Sports Facilities

- **Community Access:** Schools may partner with local organizations to allow safe and appropriate use of facilities, fostering broader community involvement in physical activity.
- Schools shall adopt measures for sun protection such as ensuring adequate opportunities for shade and adopting relevant school-based policies (e.g., requirements/suggestions for hats, sunscreen, etc.).
- **Changing Room:** When opening school facilities and all auxiliary spaces to external users, schools shall ensure that access to the rest of the school is restricted.

11. Monitoring and Evaluation

- **Monitoring Participation:** Schools must track and evaluate student participation in PE and sports, including measuring average daily MVPA and the number of minutes spent in PE each week.
- **PE Class:** Schools shall monitor their provision of PE and report the average number of minutes taught per week across the school year to all students in each year group.
- **PE Uniform :** Schools shall show flexibility in hot/humid weather by allowing students the choice of wearing PE uniforms instead of regular uniforms (that may be thicker, longer, and/or more layered).

12. Compliance

- This policy shall be effective as of 26 April 2023. Schools are expected to be fully compliant with this policy by AY 2024-25



Dr. Thakur Mulchandani
School Director/ Principal