PPS Physical Education Policy 2026-2027

Phoenix Private School, Doha – **For Students and Staff**

Effective Date: August 2026

Approved By: Principal & Governing Body

Next Review Date: August 2027

1. **Mission, Vision, and Values**

Mission:
To develop future leaders who are able to make positive changes throughout the world. We challenge today to create a better tomorrow.
Vision:
To prepare a generation of Successful Learners, Confident Individuals, Responsible Citizens and Effective Contributors.
Values:

- Perseverance
- Honesty
- Originality
- Enrichment
- Nurturing
- Inspiration
- eXcited to learn

The Declaration of Berlin 2013 – UNESCO's World Sports Ministers Conference

"Physical education is the most effective means of providing all children and youth with the skills, attitudes, values, knowledge and understanding for lifelong participation in society."

The Phoenix Private School Physical Education Objectives:

The purpose of the PPS Physical Education Program is to provide all students with a British Curriculum Standards based program that exposes students to a variety sports and activities, and provides a positive, and safe learning environment so students can leave PPS with an enjoyment of physical activity that they can take with them through life. It is our primary objectives that students be given the opportunity to learn new physical skills, improve their physical fitness, and gain the knowledge needed to live a long, and active life. In addition to our primary Physical Education Objectives, the PPS's Physical Education Program will also provide students with the following benefits:

- Improved Physical Fitness
- Self-Discipline
- Skill Development Goal Setting
- Improved Judgment
- Improved Self-Confidence & Self-Esteem
- Stress Reduction Peer Socialization

Uniform:

- All students are required to wear **the school issued PE kit only** during PE lesson.
- Suitable sports trainers must be worn (**football spikes are prohibited**).
- **Black leggings** must be worn under shorts for girls in KS3.
- For safety reasons children should not wear jewelry in PE.
- ***Failure*** to abide by the ***rules*** and procedures will result in disciplinary action.

Expectations:
Expectations are high but realistic in terms of achievement, discipline, behaviour and dress.

- Students are to dress out and participate in Physical Education every PE lesson.
- Bring a water bottle in every PE lesson.
- Be on time to class and ready to participate
- Be respectful to fellow students, teachers, and school property (equipment).
- Learn and allow others to learn.

Participation Policy:
It is expected that students participate in PPS's physical education program for the objectives stated above. Students will be graded on their effort, attitude, and on adhering to the rules relating to dressing for PE.

Students who are unable to participate must follow the following policy:

- **1-2 days unable to perform:** If a student is unwell and unable to participate in PE for 1–2 days, **parents should send an email to the PE teacher or the school** requesting an exemption for their child on that day.
- **3 or more days unable to perform:** Students must have a medical note from a physician stating the reason for not being able to participate and the length of time that the child is unable to participate.
- **Unable to do PE:** Students who cannot participate in PE will be assigned a PE project with a due date and will be graded on quality and completion. Projects assigned may be: history of certain sports, research papers on sports, nutrition etc.

P.E Programme of study: EYFS, key stage 1, key stage 2 and key stage 3 in the British curriculum:

Through providing a curriculum that is broad and balanced, Physical Education compliments and supplements the aims of PPS. The curriculum is designed to be enjoyable, but at the same time develop and stimulate the students; physically, socially, emotionally and cognitively. It aims to provide an equal opportunity of learning experiences in games, gymnastics, athletics, swimming and collective sports. Students will be encouraged to take on different roles and enjoy physical activity as performers, spectators and referees.

Lessons and schemes are structured to allow students the opportunity to gain knowledge and skills within a physical education environment. The learning environment is appropriate to the age, maturity and skill level of the students. The atmosphere of lessons is such that students gain confidence in physical activity in a safe environment where student success is positively reinforced.

Aims of physical education:

- To promote the physical wellbeing of the student.
- To enjoy exercise and promote a concern for health and fitness through participation in physical activity.
- To develop their ability, by working at maximum effort.
- To develop an awareness of the environment's potential for leisure and recreation.
- To develop positive attitudes towards self-esteem, co-operative learning, leadership and respect for others' abilities.

EYFS and Key stage 1 (Foundation1, Foundation2, Year 1 and Year 2):

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 increasingly challenging situations.

Pupils should be taught to:

- Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, 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 (Year 3, Year 4, Year 5 and Year 6):

Pupils should continue to apply 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 improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Pupils should be taught to:

- Use running, jumping, throwing and catching in isolation and in combination.
- Play competitive games, modified where appropriate [for example, volleyball basketball, handball, football, tennis, and rugby], and apply basic principles suitable for attacking and defending.
- Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics].
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Key stage 3 (Year 7, Year 8 and Year 9):

Pupils should build on and embed the physical development and skills learned in key stages 1 and 2, become more competent, confident and expert in their techniques, and apply them

across different sports and physical activities. They should understand what makes a performance effective and how to apply these principles to their own and others' work. They should develop the confidence and interest to get involved in exercise, sports and activities out of school and in later life, and understand and apply the long-term health benefits of physical activity.

Pupils should be taught to:

- Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games [for example, basketball, football, handball, basketball, rugby and tennis].
- Develop their technique and improve their performance in other competitive sports [for example, athletics and gymnastics.
- Take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group.
- Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best.
- Take part in competitive sports and activities outside school through community links or sports clubs (for example The School Olympic Program).

Pupils with Special Needs and Disabilities:

At The Phoenix Private School, we encourage all children to participate in sport and pupils with SEN are no exception.

As per of the PE policy: All children, regardless of ability are given access to the PE curriculum. Through our PE teaching we provide learning opportunities that enable all children to make progress. Children are set suitable learning challenges and we respond to children's differing individual needs. Children who have been identified with Special Educational Needs will have an Individual Education plan which may include, as appropriate specific targets relating to PE.