



# **Lüderitz Blue School**

## **Physical Education Policy**

### **1. INTRODUCTION**

At Lüderitz Blue School, we believe that Physical Education (PE) is a valuable component of the physical, mental, and social development of students. This policy outlines the objectives, structure, and implementation of the PE programme to ensure all students receive a high-quality physical education that promotes lifelong health and fitness.

### **2. AIMS OF PHYSICAL EDUCATION**

The aims of Physical Education include, but are not limited to:

- **Physical Fitness:** To develop students' physical fitness through a variety of exercises, sports, and activities.
- **Skill Development:** To enhance motor skills and coordination through structured PE activities.
- **Healthy Lifestyle:** To instil the importance of maintaining a healthy lifestyle, including regular physical activity and proper nutrition.
- **Social Skills:** To encourage teamwork, sportsmanship, and cooperation through group activities and team sports.
- **Mental Well-being:** To contribute to students' mental health by providing an outlet for stress and promoting a positive self-image.

### **3. STRUCTURE OF PE PROGRAMME**

- i) At Lüderitz Blue School, our PE curriculum includes a range of activities such as team sports, individual sports and fitness training.
- ii) PE classes are scheduled regularly.
- iii) Special provisions will be made for students with disabilities or medical conditions to ensure they can participate safely and effectively in PE classes.

### **4. IMPLEMENTATION**

- i) PE classes will be taught by experienced teachers who deliver age-appropriate and inclusive activities.
- ii) The school provides adequate equipment and facilities to support a wide range of physical activities.
- iii) Safety protocols will be strictly followed, including proper warm-up and cool-down routines, and supervision will be provided during all PE activities.

### **5. NOTE ON PARTICIPATION IN PE CLASSES**

- i) Participation in PE is mandatory for all students unless excused for medical reasons. A doctor's note is required for any long-term exemption.
- ii) Students are required to wear appropriate PE attire, including proper footwear, to ensure safety and ease of movement during physical activities.
- iii) All students, regardless of skill level or physical ability, will be encouraged to participate fully in PE activities. Lessons are planned and delivered with all skill levels and needs in mind.

### **6. EXTRACURRICULAR ACTIVITIES**

- i) The school endeavours to offer various sports teams and clubs as part of its extracurricular program to provide students with additional opportunities to engage in physical activities.
- ii) Students will have the opportunity to participate in competitions such as InterHouse Sports to develop their skills and foster a sense of team spirit.

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