



PYP Physical and Health (PHE) Policy 2025-26

Dear PYP Parents,

The ISH PHE Department works to inspire all students in the school in all areas of physical activity. We believe that all have the capability to succeed in physical education, whether it is as a performer, a leader, a coach, a choreographer or as an official. All students will be given the opportunity to succeed and to help others to succeed throughout their lessons.

Physical and Health Education (PHE) is an integral part of the Primary Years Programme, supporting students in developing both physical competence and a deep understanding of personal and social well-being. The PHE curriculum is designed to inspire students toward lifelong participation in physical activity and to foster motivation for maintaining a balanced, healthy lifestyle.

Grounded in the IB's Personal, Social and Physical Education (PSPE) framework, the PHE programme is organized around four key strands:

- **Identity:** Developing an understanding of who we are, including our values, attitudes, beliefs, experiences, skills, abilities, emotions, and the influence of growth, cultural heritage, and social environment.
- **Interactions:** Exploring how individuals and groups interact with one another, with other living things, and with both local and global environments.
- **Wellness:** Encouraging students to develop and maintain healthy, balanced lifestyles and empowering them to take responsibility for personal well-being now and in the future.
- **Movement:** Understanding health-related fitness, developing fundamental movement skills, motor patterns and manipulative skills and recognizing the body's potential for expression through movement, active play, and physical activity.

Through PHE lessons, students develop physical skills, cognitive strategies, social-emotional competencies, and positive character attributes such as resilience, cooperation, and responsible decision-making. Students are intellectually and physically challenged through a balance of performance-based and conceptual learning. Whenever possible, theoretical understanding is integrated into practical activities.



Programme Structure

Physical and Health Education is a mandatory subject for all PYP 1–5 students, and is a core requirement for progression into the PYP. PHE classes for PYP students are held at the Blindeninstitut PHE Hall, Rymarksvej 1, 2900 Hellerup, a short distance from the Hellerup Campus. Students are encouraged to demonstrate a positive attitude, active participation, and a commitment to personal growth. Effort, engagement, and a willingness to challenge oneself are recognized and celebrated, regardless of individual skill levels.

Expectations:

- All students must wear appropriate clothes for lessons (T-shirt, shorts/jogging trousers and indoor and outdoor trainers) and long hair must be tied back. Note: Students must have an outdoor sports shoe and an indoor, non-marking sports shoes for PHE (socks will not be accepted for indoor PHE lessons)
- Students who are injured or suffering minor illness, that still permits attendance in school, must attend PHE as normal; this allows them to take part in an alternative role and follow the theory element of the course.
- Students unable to take part practically in 3 or more subsequent lessons due to injury or illness must provide a medical certificate from a doctor excusing them. This will be used to support the student's inability to undertake the continuous practical assessment within lesson time.
- Piercings – students are not permitted to wear piercings that might endanger themselves or their classmates while participating in a PHE lesson.
- All assignments must be submitted in a timely manner.

Any student frequently not meeting any of the above will be asked to attend a meeting with their parents, the Principal and the PHE teacher. Please contact us if you have any queries at LDemaria@ish.dk.

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