

Hinguar Primary School and Nursery Physical Education Curriculum Statement

Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity.

John F. Kennedy

Intent

At Hinguar Primary School and Nursery the intent of teaching Physical Education is to give children the tools and understanding required to make a positive impact in their own physical health and well-being. We want all children to experience a wide variety of sports and physical skills which will enhance life-long fitness and life choices.

PE can challenge and promote self-esteem through the development of physical confidence and problem solving. It can teach children to cope with both success and failure in competitive, individual and team based physical activities. Within dance it will allow children to explore their personal and spiritual identity. Children are at the forefront and have direct impact on their learning within lessons and through pupil voice.

At Hinguar Primary School and Nursery we share the National Curriculum aims for physical education to ensure that all pupils:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives

At Hinguar Primary School and Nursery, as a coastal school, we have strong commitment to developing children's water safety and swimming ability and provide swimming lessons for every child from Reception to Year 6 to ensure that by the end of Year 6 our children have the ability to swim at least 25 metres and the knowledge of how to remain safe in and around water.

At Hinguar Primary School and Nursery we aim for all staff to have a clear understanding of the National Curriculum, through regular CPD, the use of expert external coaches, whole school curriculum maps and individual assessment for each child. Cross-curriculum links are made explicit through the whole school focus on outdoor learning and physical health and wellbeing.

At Hinguar Primary School and Nursery we are committed to use the Sports Premium Funding effectively to develop a lasting legacy for PE and Sport at school. We work in partnership with our MAT partner schools as part of SECAT to provide further opportunities within PE for our children and through affiliation with Southend Partnership Schools Sport Association (SPSSA) and Southend School Sports Coordinators (SSCO). We aim to make sport and physical activity inclusive to families within the local community to encourage our families to be more active and to allow parents and local community to spectate and participate with sport and physical activity where possible.

Implementation

PE at Hinguar Primary School and Nursery is taught by a combination of class teachers, PE specialists and qualified sports coaches. Children have equal opportunities to take part in a range of sports and physical activities within a supportive environment where effort as well as success is recognised. Children are encouraged to participate in exercise throughout the day during PE lessons, clubs, outdoor learning, lunch provision, sporting events and as part of the Daily Mile.

At Hinguar Primary School and Nursery the PE curriculum is structured to provide a range of sports experiences during which every child participates to develop their skills and learning through competitive, team and individual sports. Through our provision children can aim to flourish at sports in which they have a particular interest or flair for. Children with additional needs are provided with appropriate support to enable them to take part and gain confidence in skills, understanding and motivation.

We teach the National Curriculum, supported by a clear skills and knowledge progression. This ensures that skills and knowledge are built on year by year and sequenced appropriately to maximise learning for all children.

Children gain experience of a variety of fundamental skills. This has a focus on agility, balance, co-ordination and fitness. Children take part in individual skills, group skills and team games, using PE equipment appropriate for their age. Children undertake structured swimming sessions with a qualified swimming instructor, following Guidance from Swim England from Reception. Nursery children are provided with opportunities to take part in sessions with a qualified swimming instructor but also with the support of their parent/carer.

EYFS

The teaching of PE is introduced within the EYFS to support the strong foundations focused on fundamental movement, fine and gross motor skills. Children in Reception take part in a 40 minute P.E. lesson per week covering Dance, Gymnastics, ball games and Mini-Games. Sports equipment forms part of the EYFS continuous provision to enable the children to play a variety of physical games throughout the day and at lunchtimes. They also have continual access to bikes and climbing equipment to develop their physical skills. Children in the EYFS take part in a range of active sessions including Sticky Kids Dance, Cosmic Yoga and through group games. Children in Nursery and Reception compete in their own Sports Days in the Summer Term. Swimming lessons are introduced to EYFS children in the Summer Term.

Key Stage One

The teaching of PE in Key Stage One enables the children to 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. Children are 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

Each child receives two 1 hour P.E. lessons a week, one indoors and one outdoors. One of these sessions in Autumn Term 1 and in the Summer Term will be swimming. During the course of the year, each child can expect to participate in Dance, Gymnastics, ball games and Mini Games as well as 'tasters' in a variety of other sports. Children also get the opportunity to participate in intra-house fixtures and inter-school fixtures whether they are deemed to be higher, average or lower ability. This includes a series of fixtures between teams representing primary schools in our academy. These afford those children who would perhaps be unlikely to be selected for 'A Team' events to enjoy competition in an inclusive and relaxed, atmosphere. Every child in Key Stage One competes in the summer Sports Day and the school also selects children to compete in sports at county level.

Key Stage Two

The teaching of PE in Key Stage Two enables children to 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. Children are taught to:

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- perform dances using a range of movement patterns
- take part in outdoor and adventurous activity challenges both individually and within a team
- compare their performances with previous ones and demonstrate improvement to achieve their personal best

The frequency of lessons is the same as Key Stage One but the focus shifts to more traditional sports - largely on those activities that they will carry on into Key Stage Three. Therefore Athletics, Swimming, Football, Basketball, Dance and Netball are most prevalent and certainly

most popular with the children, however opportunities to play and compete in other sports such as Cricket and Gymnastics are provided. Again both intra and inter school competition are arranged. This includes a series of fixtures between teams representing primary schools in our academy. These afford those children who would perhaps be unlikely to be selected for 'A Team' events to enjoy competition in an inclusive and relaxed, atmosphere. Every child in Key Stage Two competes in the summer sports day. The school also selects children to compete at borough level.

Swimming and Water Safety

All schools must provide swimming instruction either in key stage 1 or key stage 2. As part of our commitment as a coastal school to develop children's swimming ability and water safety, we provide swimming lessons for every pupil each year from EYFS to Year 6.

We follow guidance from Swim England for planning the teaching of swimming and water safety which is delivered by a qualified swimming instructor.

Children are provided with certificates from The School Swimming Academy to acknowledge achieved milestones from Stages 1 to 8.

Children are taught to:

- swim competently, confidently and proficiently over a distance of at least 25 metres
- use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
- perform safe self-rescue in different water-based situations

Extra- Curricular Activities

Alongside the opportunities to compete in a range of sports both at intra school within our multi academy trust and at borough level, extra-curricular activities are afforded to our children before and after school and at lunch time. We work with a range of external providers to deliver these sessions. These include a range of activities open to KS1 and KS2 children and include a mixture of fee-paying and sports premium funded opportunities.

Active playtimes are encouraged and identified pupils support physical play during break and lunch times, alongside MDA's who have been provided with a physical activity ideas.

Planning and Assessment

Teachers use the Twinkl Move Planning to support them in their planning. These documents are progressive, coherent and apply fundamental movement skills which are year group appropriate. Video demonstrations, activity cards, vocabulary cards and health and safety requirements for each activity are also provided within this.

Children are provided with their full entitlement to Physical Education and teachers ensure that no interventions take place during this time.

Formative and summative assessments take place for each PE unit based on provided Key Performance Indicators. Tracking sheets are completed as an overview of the class and highlight any areas where intervention is needed.

All physical activity accessed is tracked, including attendance to before and after school clubs and lunchtime clubs.

Less active children are highlighted and encouraged to live a more active lifestyle. Whole cohorts identified as being less active are provided with additional support through external providers and target sessions e.g. through SUFC or SPSSA partners.

Sports Premium

The sports premium funding is used to support sustainability in PE as a lasting legacy. Funding is used to increase physical competency of staff and children and also provides staff with resources and high-quality equipment. Funding supports the provision of extra-curricular opportunities that are accessible to all and to provide additional support where needed to target low ability swimmers and those who need to increase physical activity. The use of sports premium funding enables access to a range of external competitions and to increase the percentage of children representing school at a sporting event in each year group.

Raising the profile of PE

The importance of physical health and wellbeing is continually promoted within the school. There is a dedicated display board providing key information about clubs, fixtures, success stories and motivational quotes.

The weekly newsletter provides an opportunity to share any new external providers that families can access and to celebrate sporting successes.

Weekly assemblies provide an opportunity to recognise children who have performed well or preserved in accomplishing a skill.

Pupil voice and participation is key to raising the profile of physical health and well being within the school. In every year group from Year 2 to Year 6 sports representatives are chosen to act as role models for the importance of physical activity, support and extend physical activity within play and lunch times and to identify ways to increase physical activity within the school. Sport reps collect feedback from meetings held in class to enable regular opportunities for pupil voice within PE. Older sports reps are provided with the opportunity to support the delivery of sporting events for the younger children e.g. EYFS sports day. This provides a wider opportunity to build character and embed values through regular teamwork activities.

Parents and families are encouraged to be involved in Physical Education, physical activity and school sport through sports days, fun runs and parents in sports week. We reach out to the wider community through active programmes and share information of new initiatives with our families.

Regular feedback on the progress of physical health and wellbeing is provided to governors as part of the headteacher report and within the end of year governor report.

Impact

By the end of each key stage, pupils are expected to know, apply and understand the matters, skills and processes specified in the relevant programme of study. They will have:

- The ability to acquire new knowledge and skills exceptionally well and develop an in-depth understanding of PE.
- The willingness to practise skills in a wide range of different activities and situations, alone, in small groups and in teams and to apply these skills in chosen activities to achieve exceptionally high levels of performance.
- High levels of physical fitness.
- A healthy lifestyle, achieved by eating sensibly, avoiding smoking, drugs and alcohol and exercising regularly.
- The ability to remain physically active for sustained periods of time and an understanding of the importance of this in promoting long-term health and well-being.
- The ability to take the initiative and become excellent young leaders, organising and officiating, and evaluating what needs to be done to improve, and motivating and instilling excellent sporting attitudes in others.
- Exceptional levels of originality, imagination and creativity in their techniques, tactics and choreography, knowledge of how to improve their own and others' performance and the ability to work independently for extended periods of time without the need of guidance or support.
- A keen interest in PE. A willingness to participate eagerly in every lesson, highly positive attitudes and the ability to make informed choices about engaging fully in extra-curricular sport.
- The ability to swim at least 25 metres before the end of Year 6 and knowledge of how to remain safe in and around water.

