



Physical Education (PE)

At Hester's Way Primary, we use the REAL PE scheme. Teaching staff have been trained by in the programme, which focuses on the health and well-being of the child, incorporating healthy living as well as movement. There are fun and interactive warm ups, teaches the skill, skill application through games and activities then a review, using online lessons. This is as a complete and progressive curriculum overview for the school, based on the National Curriculum. This is an inclusive programme, teaching fundamental skills and building teamwork. It is fun, engaging and promotes movement in a variety of ways.

Our pupils are encouraged and motivated to be active at break and lunch times, as well as in sports lessons. Please see the school's Sports Strategy for how our funds are spent and actions, annually.

We have a well designed and marked out playground, with games and opportunity to run the daily mile on a track. We have bikes and a trained member of the EYFS staff in balance-ability. Scooters and helmets are used for "wheels" movement. The children enjoy using a variety of sports equipment and being active. Our Forest School and outdoor areas are used well by all staff for the children to enjoy learning outdoors. Please see the Forest School learning overview.

School Vision and Values

We encourage, motivate and teach our pupils to "Aspire, Believe, Care and Achieve" in all that they do but also to experience and have opportunities in a broad and balanced curriculum, so that later in life they can make positive decisions, life choices and contributions to the community and society. PE enables pupils to work on and develop all of our school values:

Perseverance, Confidence, Resilience, Determination, Pride and Independence.

The PE curriculum teaches the individual skills for their independence and future healthy life choices, whilst developing team work and collaboration.

Purpose of study

A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

Aims

The national curriculum for physical education aims 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

Attainment targets

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. Schools are not required by law to teach the example content in [square brackets].





Subject content

Key stage 1

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

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, 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

Swimming and water safety

All schools must provide swimming instruction either in key stage 1 or key stage 2.

In particular, pupils should be 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

