

Subject on a page:

P.E.

At Hurst Green Primary School, we believe that not only does exercise improve a child's overall health and fitness, it helps to improve their mental health and cognitive development as well. By doing physical exercise, children are more likely to concentrate and maintain focus in lessons. As well as strengthening muscle and bones, exercise builds confidence, inspires positivity and improves social skills.



Intent—We aim to...



All pupils should receive a high-quality PE education. PE should reduce inequalities & provide all pupils with the knowledge to be able to participate

Pupils are allowed to flourish at every stage of their education, through developing competence and motivation

Pupils develop an understanding of the health benefits of physical activity & the skills to keep them safe, such as swimming

Pupils compete against others in an appropriate way, understanding how to be an effective team player

Pupils have the opportunity through PE and sport to build character and help to embed values such as fairness and respect

Implementation—How do we achieve our aims?

Teachers plan and deliver high quality P.E. lessons, ensuring it is sequential and leads to the progression of skills. Staff are supported in their PE teaching by the PE Hub resource, which is linked to the National Curriculum objectives, regular staff CPD and individualised support by the PE Lead, which includes mentoring, team teaching and support with planning a unit of lessons. At Hurst Green, we promote a love of PE by celebrating it in school and having school focus days. In addition, all children have the opportunity to take part in competitions both within school and externally. We promote the importance of being active by collecting active minutes over the course of the week and by children logging their activities outside of school, which we celebrate weekly in assembly.

Dedicated PE/Active time



Each class is allocated two hours a week for PE lessons, including one indoor and one outdoor lesson. The two hours are to be accessed all year round no matter what weather conditions as we have access to our own sports hall and school field. One of our main aims is to promote levels of physical activity using the school's Sports Premium. Each class take part in extra daily structured physical activity additional to P.E. lessons. This is rewarded weekly to add a competitive element. Children are also able to log their physical activity at home. A wide range of after school clubs are provided including football, dodgeball and multi-sports, which are well-attended.

Curriculum design

The curriculum is designed carefully so that pupils develop the necessary skills & competences to allow them to participate in all sports & activities. In KS1, Pupils should develop fundamental movement skills, become increasingly confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. As they progress into KS2, Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways. 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.

Developing motor competences



Motor skill competence is mastery of physical skills and movement patterns that enable enjoyable participation in physical activities. The curriculum is designed to support the development of these competences from EYFs up to Year 6. Pupils in EYFS start this early on with 'Balanceability' sessions. Additional sessions are provided to pupils struggling to gain these competences, e.g. additional swimming & support with riding a pedal bike.

Vocabulary progression

Vocabulary progression is deliberately and carefully planned throughout school, starting at EYFS. Correct terminology is introduced, rehearsed and repeated so that it becomes part of long term memory and pupils are able to use it independently & confidently to describe what they are doing. Teachers understand where pupils have met the vocabulary previously so they are able to support their retrieval.





Implementation (continued)

Fundamental movement skills (EYFS)



It is vital that the youngest pupils in the school develop their Fundamental movement skills. Children at the expected level of development in EYFS will be able to negotiate space and obstacles safely, with consideration for themselves and others; demonstrate strength, balance and coordination when playing; move energetically, such as running, jumping, dancing, hopping, skipping and climbing. Any pupils who find this difficult are carefully monitored and supported so they then catch up with their peers.

Modelling & Demonstrating



Due to the nature of the subject, teachers and pupils will model and demonstrate any physical activity that is required in order to break down skills and scaffold learning, so the children know what is expected of them. This is to ensure all children know how to move safely and is also a way of assessing the children's understanding. This is also a good opportunity for any more able PE pupils to share their knowledge & skills with their peers.

Feedback & Assessment



During lessons, feedback is instant and assessment is ongoing throughout. Feedback is used to highlight success and to navigate the children into achieving the learning objectives. Assessment is carried out and used to aid planning to ensure that all children progress. Staff fill in a simple ticksheet half-termly based on clearly defined and progressive learning objectives. This allows staff to see where weaknesses lie and where pupils need to be stretched further.

Competition



One of our main aims is to ensure all children engage in competitive sports and activities throughout their time at Hurst Green. This can be during school P.E. lessons but also in organized events. We are part of the Dudley School Network Group and Sainsbury's School Games, ensuring that all children are able to take part in competitive league tournaments. As well as one off tournaments, we have a school football and netball team that compete in a league.

Diversity in Sport



We offer a broad range of sports in PE lessons and after school clubs. Hurst Green have also taken part in a range of sporting competitions including; tennis, swimming and boccia. Alternative sports week is also in the summer term to further enhance their experiences in a range of sports. We ensure that we celebrate athletes & sportspeople from all different backgrounds.

Inclusivity



The content of the curriculum is not reduced for children with SEND, rather the manner in which they access the curriculum and produce work related to it, is amended to suit their needs. Any adaptations concentrate on how the content is taught, rather than the content. High expectations exist for all pupils at their own level of understanding

High Quality CPD



Staff INSET is led by PE lead who regularly carries out staff audits to identify areas of staff knowledge and confidence. For areas of weakness, the PE lead will work with those members of staff, team teaching, mentoring and observing as well as supporting with planning. The school also subscribes to PE Hub which is a very comprehensive resource.

Impact: How will we know we achieved our aims?



Pupils are competent in a variety of sports through quality teaching that is engaging and fun



Pupils can use the correct terminology with confidence to describe what they & their peers are doing,



Pupils understand the importance of regular physical activity & how to be fit & healthy throughout their life.



Pupils have developed skills such as resilience, self-discipline and the ability to be a good team player.



Pupils have had the opportunity to compete against others in a competition.



Pupils have a love of PE & Sport, demonstrated by attendance at After School Clubs