



HILDENBOROUGH CHURCH OF ENGLAND PRIMARY SCHOOL

“I can do all things through Christ who strengthens me,” (Philippians 4:13) so that I can be the best that I can be, for myself, for others and for God.

Physical Education Curriculum Rationale

Intent

At Hildenborough CE Primary School, our curriculum is adapted from PE Hub, which we use to plan our curriculum content and we personalise this based on the needs of our children. All areas of the National Curriculum are covered so that pupils leave Hildenborough having experienced a range of sports as well as physical activities during their time here.

The intention of our curriculum is that children learn and develop 4 sets of skills whilst accessing our curriculum. As a church school, we teach our **learning values** through all of our subjects. The skills we teach are:

Physical skills:

1. Running, jumping, throwing
2. Controlling objects
3. Outdoor skills challenges
4. Balance and body control
5. Movement and travel
6. Swimming and aquatic skills
7. Movement to music
8. Gross and fine motor skills

Thinking skills:

1. Creativity
2. Independent learning
3. Decision making and tactics
4. Confidence and self esteem
5. Resilience and **endurance** in all activities
6. Desire to improve, showing **hope** and **courage**
7. Apply skills and knowledge
8. Predict and judge outcomes

Social skills:

1. Teamwork and collaboration
2. Communication
3. Leadership
4. Responsibility
5. Fair play and **honesty**
6. Inclusion
7. Empathy and supporting others (**love**), showing **compassion** to our friends
8. Competing with and against others, as well as ourselves

Love. Compassion. Hope. Honesty. Courage. Endurance

Health and wellbeing:

1. Physically active habits for life
2. Understanding healthy eating
3. How does the body work?
4. What positive effects exercise has on our body
5. Personal safety and safety of others
6. Physical fitness
7. Experiences outside of the regular environment
8. Celebrate success

The intent of our competitions within PE are that they range from competitive, where the most skilled participants are selected, to an all-inclusive selection process. This could include pupils who are eligible for Free School Meals, pupils with SEND, Pupils who do not engage with school sport and PE and girls (as a group).

Implementation

We provide a range of opportunities and experiences to ensure that these skills can be taught and developed as the children grow in age through the school from Reception to Year 6. There are 3 ways this can be achieved:

Through Physical Education

- PE Hub is a progressive scheme allowing children to develop these skills and their knowledge of sport and PE. Structured lessons are taught twice per week, once by a qualified coach and the other by the class teacher.
- Staff have spent previous years being supported in teaching PE by our local school sports partnership, TWKSSP. This has ensured that all staff teaching PE are capable and confident to inspire learning. Staff receive regular CPD to ensure these skills are always being developed.
- Each lesson is fun, active and engaging for all children no matter their ability or background.
- The learning outcome are clear and child friendly. They are shared with the children at the start of the lesson and so that the child understands the content. Each lessons consists of a warm up, recap of previous learning, introduction of a new skill, opportunity to practice this and a cool down. Throughout the scheme of work, where appropriate a game would
- All activities are stage appropriate and are tailored to meet the needs of all pupils including those with SEND and individual needs. This ensures that all children are able to make progress in each lesson.

Through School Sport

- We value sport for all and therefore buy into the TWKSSP membership on an annual basis. This supports us to provide the children with a range of opportunities to engage with a range of sports, festivals and competitions.
- We learn about the wider world through events that are global/ national/local eg- Wimbledon, Euros, World Cup, Olympics, Sport Relief, etc. Festivals and intra school sports events take place during these times to teach the children about the importance of how sport brings different countries together.
- After school clubs are on offer for all children and we target those groups who do not access out of school clubs/ sports. We encourage all children to be involved and select non-competitive events through the year for these children to access.

Through Physical Activity

- We support 30 active minutes for all pupils in the day and we promote activity whilst at home too.

- Physical activity is also used for interventions such as sensory circuits and handwriting and fine motor intervention. Interventions also come in the form of Daily Mile as a brain break for the children.
- Where possible, curriculum lessons are physical eg- in English we use Talk 4 Writing, Pie Corbett and this approach gets the children up and moving. In Maths the children would complete practical tasks such as measuring, weighing etc.
- We promote physical lunchtimes and have equipment available for the children to use. We also deploy Year 6 as Games Captains who organise sport and physical activity for KS1. Bikes and trikes are also accessible for the younger children and Sports Leaders are there to ensure that the children are playing positively and being supported in their play.
- As well as this, we encourage sustainable travel. We have a safe place for scooters and bikes to be kept through the day. Each year, Year 6 learn to ride safely through 'Bikeability' and in this week, we encourage all children to travel to school on wheels or walking.
- Each year group participates in Forest School as a physical activity that develops many of the skills above. Children are also engaged outdoors and learning about the natural environment.
- This year, we are looking into new playground markings and zones of the playground to ensure that all children are engaged in activity that stimulates them and offers them a release from the pressures from the day. This is supporting each child's mental health and wellbeing.

Impact

Having experienced all of the above curriculum, the children will understand the importance of being healthy and active. They will be physically literate and be confident to make decisions about active lifestyles that will influence their health positively. Children will be inspired to have a lifelong participation in PE and physical activity. They will have experienced a broad range of experiences and understand their body and its needs to be active.

PE will enhance character development; children will learn to resolve conflict whilst developing their own talents and grow in resilience as they learn to be active citizens. They will have an awareness of other cultures and British Values.