

Physical Education at Hook Lane Primary School



Subject association: <https://www.afpe.org.uk>

Physical Education

We believe that ALL pupils leaving Hook Lane Primary School should have the knowledge, skills and motivation necessary to equip them for a healthy, active lifestyle and lifelong participation in physical activity and sport. We strive to ensure the engagement of all pupils in regular physical activity – kick starting a lifelong love of being active and fostering healthy active lifestyles.

To achieve this, we aim to provide our pupils with a broad experience of a range of sports and activities. All pupils receive 2 hours taught high quality PE a week. This is realised by ensuring increased confidence, knowledge and skills of all staff in teaching PE and sport through effective CPD. Moreover, the profile of PE and sport is raised across the school as a tool for whole school improvement.

Physical Development and the EYFS

Physical development is one of the three prime areas within the **Early Years Foundation Stage** (EYFS). Each prime area is divided into Early Learning Goals, for physical development these are:

- **Moving and handling** - skills enabling children to show good control and coordination in large and small movements. Children are able to handle equipment and tools effectively, including pencils for writing.
- **Health and self care** - children knowing the importance of good health which includes physical exercise and a healthy diet. Children are able to manage their own basic hygiene and personal needs successfully, including dressing and going to the toilet independently.

National Curriculum

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.

KS1

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 coordination, 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.

KS2

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, dodgeball, 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.

Adaptive teaching

Using adaptive teaching to provide the opportunity for all pupils to experience success by adapting lessons, whilst maintaining high expectations for all. This may be through:

- Adapted equipment/ larger balls, bats etc
- Reduced distances for throwing, running, balancing etc
- Adapted sequences, shortened time for balance holds of shapes/positions, simplified sequences
- Skills broken down into smaller steps with practical/visual supports
- Sensory circuits- assess, plan, do to start to build up individual skills
- Competition at different levels e.g. change for life, non-competitive for those who find competing stressful
- Bexley Panathlon and sports festivals for those children who find the whole school sports day too challenging/overwhelming
- Adapted sports day for those requiring a smaller and quieter environment
- Fair pairings, mixed teams

Swimming and water safety

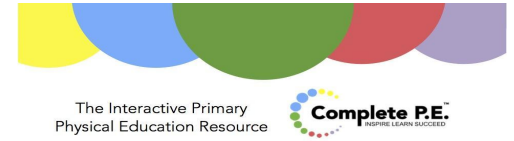
All schools must provide swimming instruction either in key stage 1 or key stage 2.

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.

Our pupils attend The Crook Log Leisure Centre <https://www.leisurecentre.com/crook-log-leisure-centre> for an hour lesson during Year 6. Each class has swimming for one half term out of each term.

Our Scheme of Work



Our PE lessons, using the Complete PE scheme <https://www.completeperesource.com/>, are designed to use sequences of learning that cover all areas of the Physical Education National Curriculum. Complete P.E. enables us to plan and implement high quality teaching within physical education. The lessons in the scheme provide a clear progression of learning to support the delivery of Physical Education. Moreover, the success criteria are designed to encourage ‘mastery learning.’ In every sequence of learning, success is celebrated physically, cognitively, socially and emotionally ensuring the personal development of the whole child for every pupil. Differentiated learning cards embedded within the planning, provide staff with additional support to differentiate and meet the needs of all their pupils.

Change4Life



Our school takes part in the Change4Life initiative. The engagement of all pupils in regular physical activity – kick starting healthy active lifestyles is a target we strive for at Hook Lane Primary School. In order to achieve this we have targeted pupil premium and least active pupils through our Change4life lunchtime club, ran by Year 5 sports leaders. Pupils have the opportunity to experience sports and activities they may not have participated in before. The club culminates with a Change4Life festival at Hurstmere School, whereby the pupils attending are able to represent the school.

<https://www.nhs.uk/change4life>

PE kits

Our school has a set PE kit for the children to wear on the days they have PE:

- Black or navy blue shorts
- A white t-shirt
- Black plimsolls or trainers
- Tracksuit bottoms and warm top for outside PE during winter
- For sports day children are allowed to wear a plain coloured t-shirt showing their house colour. (red, blue, green or yellow).

Competitions



As part of the school games initiative <https://www.yourschoolgames.com/> our children take part in organised competitions against other schools within Bexley and further afield.

The children have the opportunity to take part in the following sporting competitions:

- Dodgeball
- Hockey
- Multiskills/athletics
- Cricket
- Football
- Netball
- Penathalon (for our SEND pupils)

Our school has been awarded the Gold School Games mark 3 times, as recognition of our commitment to competitive sport.

Sports Day



Our annual Sports day is held every July. Both KS1 and KS2 take part in a half day session of sporting activities whilst being supported by their friends and families, bringing the whole school community together.

The annual events gives our pupils the chance:

- to understand and develop their ability to perform in a competitive setting
- to provide the opportunity for our children to show off their sporting talents.
- To expand their community spirit into the wider aspects of school life
- To help embed values such as fairness and respect.

Recommended reading

National Curriculum

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/239040/PRIMARY_national_curriculum_-_Physical_education.pdf

AfPE recommended reading: the texts are organised into the following categories:

- Teaching and Learning – General
- Research and Inquiry
- Movement and Motor Development
- Inclusive Practice
- Subject Leadership
- Early Years Physical Development
- Physical Education – Health-Related Texts
- Primary Physical Education – Initial Teacher Education
- Secondary Physical Education – Initial Teacher Education
- Physical Education Journals

<https://www.afpe.org.uk/physical-education/recommended-readings/>