

### INTENT

Our broad and balanced PE curriculum has been developed in line with the National Curriculum and promotes our REAL wheel values, learning superpowers and the UNCRC to develop skills and knowledge around the connected pillars of motor competence (knowledge of the range of movements that become increasingly sport- and physical activity-specific), rules, strategies and tactics (knowledge of the conventions of participation in different sports and physical activities) and healthy participation (knowledge of safe and effective participation).

At Hursthead Junior School, we endeavour to deliver a high-quality PE curriculum, which inspires pupils to have the confidence, self-belief and skills to participate in physically demanding activities or in competitive sport. It provides opportunities for pupils to become physically confident and supports their physical health and fitness along with their mental well-being.

Our PE curriculum will enable our pupils to:

- ✓ apply and develop a broad range of skills (running, jumping, throwing, catching, balancing, agility and co-ordination) [motor competence]
- ✓ learn how to use these skills in different ways and how to link them to make actions and sequences of movement [rules, strategies and tactics]
- ✓ enjoy communicating, collaborating and competing with each other [healthy participation]
- ✓ learn how to evaluate and recognise their own successes and areas for improvement [rules, strategies and tactics]
- ✓ develop their leadership qualities and become confident in leading activities and warm-ups [healthy participation]
- ✓ attend a variety of clubs and/or have opportunities to compete in sporting activities
- ✓ build character and help embed key values such as fairness, respect and resilience [healthy participation]
- ✓ practise positive mental well-being through physical exercise and sport [healthy participation]
- ✓ be physically active for sustained periods of time and understand the importance of a healthy lifestyle [motor competence]
- ✓ swim competently and confidently over a distance of at least 25 metres and perform safe self-rescue in water [motor competence]
- ✓ celebrate success and individual/team achievement and learn from losses to develop resilience

### IMPLEMENTATION

Timetables are planned to have at least 2 hours of quality PE a week following the PE Overview, which utilises GetSet4pe planning. PE lead is currently used to work alongside teachers (currently in Y3 and Y4) in gymnastics to provide in-lesson CPD on utilising equipment in lessons.

In a PE lesson there will be:

- ✓ consistency in routines including a warm up, skill development and skill application/plenary [motor competence]
- ✓ collaboration and opportunity for partner/group discussion [healthy participation]
- ✓ opportunities for children to work independently and together as a team [healthy participation]
- ✓ opportunity for children to perform and feedback
- ✓ subject specific vocabulary that builds on previous learning/year groups [motor competence]
- ✓ competitive games, modified where appropriate (e.g. basketball, cricket, football, hockey, netball etc.)
- ✓ opportunities for pupils to apply basic principles suitable for attacking and defending [rules, strategies and tactics]
- ✓ opportunities for pupils to discuss and develop the use of tactics [rules, strategies and tactics]
- ✓ focus on physical health (linked to healthy lifestyle/Science/PSHE) and mental well-being [healthy participation]
- ✓ planning showing a clear sequence over the topic (half-term) which builds up skills and confidence [motor competence]

### IMPACT

Pupil participation in clubs and sport will be tracked and monitored across the time a pupil is at the school on an EXCEL spreadsheet.

By the end of Year 6, pupils at Hursthead Junior School will:

- ✓ have developed a passion or interest in at least one sporting area which they can then carry forward to Secondary School
- ✓ have been involved in at least one sports club either at school or home [healthy participation]
- ✓ be confident in how to lead physically active and healthy lifestyles
- ✓ know how to improve health and fitness and demonstrate all round safe practice [healthy participation]
- ✓ understand the importance of physical activity in mental health
- ✓ have had the chance to participate in competitive sport and Sport Days [motor competence]
- ✓ have developed their ability to cope with losing and setbacks and enjoy the taste of victory
- ✓ be able to work as part of a team and understand the skills a good team player has [rules, strategies and tactics]
- ✓ have made personal progress in gym, dance and outdoor games and be able to articulate their strengths and targets [motor competence]