

Physical Education Curriculum Rationale for HCPS



The National Curriculum

The National Curriculum for Physical Education aims to ensure that all pupils:

- Develop competence in a broad range of physical activities.
- Are physically active for sustained periods of time.
- Engage in competitive sports and activities.
- Begin to lead healthy, active lives.

Intent

HCPS focus: To support and promote excellence within PE whilst advocating healthy lifestyles and providing the opportunity for children to engage in regular competitive sport and a variety of physical activities, including extra-curricular activities.

PE and School Sport Premium focus: Pupils leaving primary school physically literate and with the knowledge, skills and motivation necessary to equip them for a healthy lifestyle and lifelong participation in physical activity and/or sport.

Curriculum Design

- Our curriculum is designed with support from the PE Passport App.
 - PE Passport is a Physical Education planning, assessment and tracking tool designed to enable Primary School teachers to deliver, monitor and assess children's learning. <https://www.primarypepassport.co.uk/>.
 - Each year group is allocated units of planning to follow throughout the academic year (please see **PE Long Term Plan HCPS 2024-2025**).
 - The units have been carefully allocated to certain year groups to provide a diverse variety of different sports/skills to be covered. Each unit has then been cross referenced to the **PE Skills Progression 2024-25** to ensure that clear progression across our school occurs.
 - Certain areas of the curriculum have been selected to match our facilities and equipment.
- As part of the National Curriculum (NC), PE is required and is taught twice a week in each year group. This consists of one outdoor and one indoor session (potentially two outdoor in Summer 2 to allow Year 6 to practise their performance).
- At HCPS we aim to provide pleasurable, motivating and challenging learning opportunities through an inclusive range of sport activities that include gymnastics, dance, games, athletics, outdoor and adventurous activities and swimming.
- Evaluating and improving is a huge part of our PE curriculum. We encourage children to self-assess and assess others performance across all aspects of PE. These evaluating

skills are progressed and developed each year (please see **PE Skills Progression 2024-25** for specific progression of evaluating and improving skills).

- Children are supported by and encouraged to participate in a wide range of extra-curricular activities after school.
- Children are involved in intra-school competitions between their school houses and these competitions emphasise the importance of respect and a sporting attitude, as well as developing team work, communication and leadership skills.
- Swimming lessons take place in Years 4, 5 and 6 during the summer term.

Implementation

EYFS

EYFS Statutory Educational Framework: Physical activity is vital in children's all-round development, enabling them to pursue happy, healthy and active lives.

In Early Years, we focus on developing and understanding fundamental skills to work towards achieving the early learning goals. The children are provided with many opportunities to meet these goals through their PE lessons and continuous provision which include an indoor and outdoor PE session during each week. EYFS physical activity focuses on developing the children's core strength, stability, balance, spatial awareness, co-ordination, agility, communication and language. Gross motor skills provide the foundation for developing healthy bodies and social and emotional well-being. Fine motor control and precision helps with hand-eye co-ordination, which is later linked to early literacy. We aim to allow children to develop proficiency, control and confidence through all physical development.

Physical activity is planned through a variety of media including PE Passport, Dough disco but also teacher judgement:

Autumn – Object manipulation and Fundamental skills

Spring – Gymnastics – Rocking and rolling and Flight - jumping and landing

Summer – Athletics / Dance – Seasons

KS1

In Key Stage One, children build upon fundamental skills taught in Early Years and start to develop an understanding of basic skills; becoming increasingly competent and confident in a range of physical activities and sports. Children are taught the values of sport and begin to apply these in understanding rules and boundaries. Children are also taught how to lead a healthy lifestyle and how participating in regular physical activities will support this. Children learn how to engage in competitive physical activities in different situations.

- Indoor PE units for each year group involve a combination of dance and gymnastic skills, with dance linked to cross-curricular opportunities and gymnastics progressing from basic pathways and balances to look at stretching, curving, arching, turning and twisting.

- Outdoor PE units begin with progression in Movement skills and then focus on skills for Net & Wall Games, Invasion Games and Striking & Fielding Games, which are introduced in Year 1, then built on and further developed in Year 2.

KS2

In Key Stage Two, children will continue to apply and develop skills previously taught. They will learn how to apply these skills effectively within a wide range of physical activities. The children will practise how to communicate, collaborate and compete with each other, as well as extending their knowledge of rules and evaluating their own success. They will spend time practising skills before developing tactics, when playing small-sided versions of team games. Children will learn how to lead healthy lifestyles and know how to challenge themselves further. By the end of Year 6, children will have a deep and rich understanding of different sports and physical literacy and have a positive attitude for participating in lifelong physical activity.

Swimming

Swimming lessons take place in Years 5 and 6 in the summer term. Please see **HCPS Swimming Analysis 2023-24** for more information. We work towards all children meeting NC objectives by the end of Year 6.

Team Building and Problem Solving

A key skills within PE is being able to work with others. Within our HCPS PE curriculum, Year 6 children spend a half term understanding how to communicate effectively and listen to others whilst engaging with competitive situations. Part of this unit links back to the Leadership unit in Year 5, allowing children to take on leadership roles within a small group.

Assessment at HCPS

Informal assessment is carried out by teachers throughout lessons in a unit of work and an overall PE assessment is made at the end of each academic year, as **working towards, meeting or exceeding** year group expectations. This information is then made available to the teachers in the next year group. For swimming assessment information, please read information in Year 5 and 6 sections; as well as the **HCPS Swimming Analysis 2023-24**. Swimming data is recorded using the PE Passport App which allows us to identify groups of children who require extra support.

SEND

The HCPS PE Curriculum provides opportunities for **ALL** children to participate in physical activity. The PE Passport provides easy to follow plans which can be adapted by teachers to meet individual needs of SEND children within their classes. Additionally, SEND friendly sports equipment (eg. bell balls and soft balls) are kept in the PE store room to aid with inclusion.

Extra-curricular and Competition

We also provide extra opportunities for children to be active, which include a wide range of sports and physical activities.

- Each term, sessions for Amaven challenges are organised with an outside agency, in the form of fitness circuits for all year groups.
- Children are encouraged to walk or run laps of the trim trail track around the field, in order to be awarded the class trophies for KS1 and KS2. This ongoing activity promotes cardiovascular endurance and is assessed once a term in the Golden Mile challenge.
- Each half-term, children in years 4, 5 and 6 will be given the opportunity to participate in House tournaments, as a culmination and celebration of their units of work in outdoor games.
- Children in Years 1 – 6 will start the autumn term with House cross country races and finish the year by demonstrating their athletic skills on Sports Day.
- Year groups across both Key Stages are encouraged to include the more inclusive sports of Boccia and/or Kurling competitions within their indoor PE curriculum.
- Children are also given opportunities to participate in lunchtime and after school activities that are currently delivered by outside agencies.