

## Intent

*Why do we teach this?*

Our PE curriculum aims to inspire all children to be active, show resilience and determination to learn new skills and enhance prior learning. We provide a safe and supportive environment which provides them with the opportunity to be successful in a range of physical activities. At Hemsby Primary School we teach key essential skills such as teamwork and leadership and our PE curriculum provides opportunities to further develop these skills. We encourage children to take part in the competition element of sport and to develop their understanding of the importance of fair play. Our curriculum is inclusive and supports all children in developing confidence in physical activity to support their health and fitness. We encourage pupils to develop their understanding of the way in which they can use their body, equipment, and apparatus safely, imaginatively, and effectively. Our PE curriculum, along with Science and RHE teaches children about the importance of physical activity and nutrition to maintain a healthy lifestyle. It also supports children in understanding how physical activity and healthy eating can impact positively on emotional wellbeing.

## Implementation

*What do we teach? What does this look like?*

Our PE curriculum follows a scheme of work from Get Set 4 PE which are both closely aligned to the National Curriculum. These schemes support a clear and sequenced progression of skills and knowledge, both within each year group and from one year to the next. Children take part in twice weekly PE lessons in a wide range of sporting activities which include: athletics, ball skills, dance, fitness, gymnastics, invasion games, fundamentals, net/wall games, OAA, yoga, target games, striking and fielding.

Swimming lessons are provided for KS2 by qualified swimming teachers to support children in being able to competently, confidently and proficiently swim a distance of at least 25 metres. After school sports clubs are also offered to pupils to enhance the sports provision on offer and provide children with an opportunity to further develop their skills. At lunchtimes, KS2 children also have the opportunity to participate in physical activity with sports coaches.

## Impact

*What will this look like?*

All children receive a broad and balanced PE curriculum regardless of year group or ability. Every child will access all of the key areas of the subject on offer at our school. PE planning has clear progression of skills and knowledge that make up part of our curriculum offer so that all children access it at an age-appropriate level. As well as our regular PE lessons, our sports teams regularly participate in inter-school competitions throughout the school year.

### **EYFS**

In EYFS, children begin to improve their fundamental movement skills and teachers begin to consider the development of agility, balance and coordination for each child.

### **Key Stage One**

Pupils in KS1 are given ample opportunities to develop their fundamental movement skills and extend their agility, balance and coordination. They engage in competitive and co-operate physical activities through games, dance and gymnastics.

### **Key Stage Two**

Pupils in KS2 continue to apply and develop a broader range of skills such as running, jumping, throwing and catching. These skills are incorporated into competitive games, performances using movement patterns and evaluations of their own and others' work. Pupils communicate and collaborate with each other and develop an understanding of how to improve in physical activities. There are many opportunities across the year for children to take part in inter and intra-school competitions where their successes in sports are celebrated.

