



TEACHING PHYSICAL EDUCATION

AT HOPPING HILL PRIMARY SCHOOL



Physical Education

"Take care of your body, it's the only place you have to live."

Jim Rohn

Golden Threads

Health & Fitness

Taking care of both mind and body and having the vocabulary & knowledge to talk about it.

Social

Working with others; taking turns, sharing, supporting and encouraging

Personal

Following instructions / rules & trying several times until I succeed.

Competition

Healthy Competition against myself and others

Physical

Learning new vocabulary and skills, agility, co-ordination and speed!

INTENT

Hopping Hill believes that high quality physical education helps to embed our school values of integrity, kindness, teamwork and respect. We aim to deliver a positive and inclusive PE curriculum that develops children's skills in sport and promotes the health and wellbeing of all our pupils.

We will provide opportunities for children to compete in a variety of different sports, including competitive events and other physical activities. In addition, through PE we will strive to promote gender equality and encourage all children to participate. We will also deliver lessons, which allows children opportunities to take part in vigorous activities that get the heart rate racing and to experience the feeling of being out of breath.

Our curriculum aims to provide the children with an understanding of **Health and Fitness** to help them know how to take care of both their mind and body. We will develop the children's **social** skills to enable them to work with others, knowing how to support and encourage one another. Children are provided with the necessary **personal** skills to have resilience and to try several times without the fear, until they succeed. They learn how to take part in healthy **competition**, pushing themselves to do their best but with a positive attitude and a celebration of the achievements of others. Our curriculum also teaches the **physical** skills needed to develop agility, speed and coordination.

IMPLEMENTATION

The direct teaching of PE

PE is taught throughout the school in all year groups from Year 1 to Year 6. It will be taught for at least 2 hours per week in Year 1 to 6. The first hour is taught by a qualified Sports Coach and the second hour will be by the class teacher.

EYFS will do 1 hour of PE each week with our Sports Coach and then they will take part in planned opportunities and continuous provision that link to the EYFS program of study of Physical Development, Personal, Social and Emotional Development and finally Expressive Arts and Design.

Class Teacher Hour of PE

All key stages will follow the FUNS and Real PE Scheme of Work, alongside activities that cover the progression of skills for their year group. The ethos behind Real PE runs alongside the teaching of physical education at Hopping Hill. Following this scheme will allow class teachers to ensure children build positive relationships with physical activity for life for EVERY child. Real PE is a scheme that has a child centred approach that will enable every Hopping Hill child to experience PE lessons that include challenge and support for all children, regardless of their ability. The scheme will also allow children to develop not only their physical skills but also support their emotional and thinking skills to achieve their full potential in PE, Sport and life.

Real PE is a scheme that is fully aligned to the National Curriculum, Ofsted and focuses on the development of agility, balance, and co-ordination, healthy competition and co-operative learning.

The scheme is built on 6 Units of Work (Cogs) that include; Social, Personal, Health & Fitness, Cognitive, Creative and Applying Physical. Over the year the children will complete 6 units of work that each have 2 Key skills to focus on during a unit.

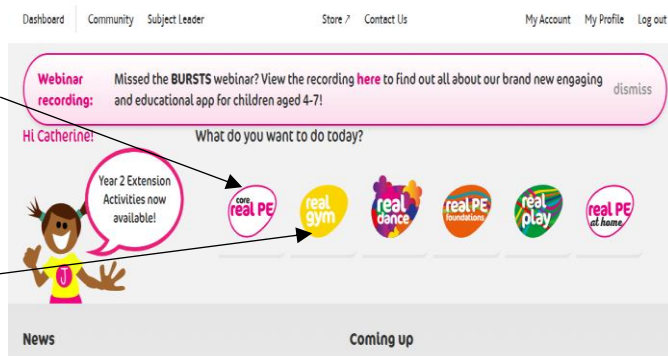
When planning the class teachers will use the learning platform of Jasmine PE for schemes of work, lesson plans and videos of key skills. <https://jasmineactive.com/>. Each member of staff will have their own log-in and this allows them access to a wealth of additional support and knowledge as well as the scheme of work for each year group.

Each year group also has a pink box of resources to support each unit of work, including a poster of each unit of work and the key skills to be achieved.

The class teachers are also given the flexibility to adapt the Real PE Units of Study to suit the needs of their children. During the Summer Term the teachers can also plan activities linked to our School Sports Days.

Gymnastics will also be taught in each phase using REAL Gym accessed from the Jasmine platform. <https://jasmineactive.com/solutions/real-gym>

Jasmine Platform for each teacher to access Core Real PE and Real Gym and additional support resources.



Alongside the PE curriculum and schemes of work, class teachers will allow children to take part in 'moments of activity' or / and to run (or walk) for 5 minute bursts as often as possible. These short bursts of activity will aim to increase the concentration and focus of the children and to keep their minds active, supporting the school values and the children's behaviour promise. Class Teachers are also encouraged to increase the children's' level of activity by providing opportunities to take part in active lessons throughout the week, where children will go outside to learn. The teachers all have access to websites that can support these opportunities e.g. Go Noodle, Times tables sprint, BBC Easy Movers, and Joe Wicks Youtube HIITs for schools.

2nd Hour of PE

The 2nd hour of PE is taught across the school from Reception up to Year 6 with our qualified sports coach. The sports coach will teach discrete lessons that will allow children to focus on developing their agility, speed and coordination and particular sports laid out in the National Curriculum. The sports coach will follow the Long-Term Curriculum Map for PE. In addition to the learning of new sports, lessons will also be linked to our timetable of Competitions, particularly in Key Stage 2 to allow child to prepare for events.

Other experiences and/or opportunities

'Competition, it can be said, is a driving force for self-betterment.' (Meredith Connie) Taking part in Healthy Competition is a key aspect of our physical education curriculum. We aim to provide opportunities for children to take part in healthy competition that allows interaction between children that promotes and fosters striving for higher achievements yet creates an environment where everyone in the group hopes that everyone will do well, rather than wish that others fail. Through our golden thread of Competition, children will take part in non-competitive and competitive events across the year that cover a wide range of different sports. Competitions will be either as intra or inter-competitions. All children will have experience of competitions across year groups and phases e.g. Key Stage Festivals, while some, including SEND children, will have the opportunity to take part in competitions off-site against other local schools.

Whenever possible, Hopping Hill will support charities and take part in physical activities to do this. For example, fun runs like Race for Life for Cancer Research.

Every year all children from Nursery through to Year 6 will take part in our Annual Sports Day.

Young Leaders from Year 5 will be trained to support children in KS1 and Reception to take part in personal challenges at lunch times and to run Key Stage Festivals.

Children will have opportunities across the year to take part in a range of sports clubs that support mental health & well-being. Sport clubs will also be invited in to school to enrich the extra-curriculum experiences.

Sport and PE Premium

Schools receive additional ring-fenced funding for Sport and PE, see separate action plan for details.

School Games Mark

PE Lead will complete an action plan at the beginning of the year and the whole school will work together to achieve it.

ASSESSMENT

It is imperative that assessment is purposeful and is not time consuming. Teachers spending a large amount planning, carrying out and marking formal tests is not helpful and takes time away from teaching and learning. Assessment should be in place to support recall of vocabulary and concepts and is an opportunity for children to show their understanding through applying what they have found out to answer real life questions. Assessment should also inform teachers planning and focus for teaching and learning so that misconceptions and gaps as well as strengths are identified at the start of the unit.

Therefore, assessment of physical education at Hopping Hill is:

A differentiated quiz for years 1 to 6. These will be completed during Terms 1 and 6. The quizzes will be sent to the PE co-ordinator and then each teacher will print out a copy of the quiz for their own class assessment folder.

When delivering PE lessons, teachers will be aware of the needs of every child in their class and will have the flexibility to change / adapt Real PE plans to meet the needs of the children. If teachers require additional assessment methods, one of these tools could be to use the Fundamental Movement Skills FUNS Skill Assessment Foundation Stage 1 for Reception, Year 1 and 2 and Key Stage 2 teachers will have access to Fundamental Movement Skills FUNS Skill Assessment Year 3 and 4 and Fundamental Movement Skills FUNS Skill Assessment Year 5 and 6. These are located on the Real PE Jasmine Platform. This method of assessment may be particularly useful for ECT's who are new to the PE curriculum. In addition to this, the PE Subject Lead will also work alongside any teacher who feels additional training or support in delivering Real PE is needed.

Throughout each unit, teachers will also observe and monitor children who are exceeding expectations and those that are reluctant to join in. Ongoing monitoring will take place.

INTENDED IMPACT

- ✓ Pupils will have a love of physical education and desire to follow this passion through to adulthood.
- ✓ Pupils will increase their activity levels across the day not just in PE lessons.
- ✓ Pupils will develop their resilience when taking part in physical activities and learn how to respond when they don't at first succeed.
- ✓ Pupils will develop an awareness of what happens to their body when taking part in physical activity and understand the effects it has on their mental health and well-being.
- ✓ Pupils will develop their own personal and social skills to be able to take part in competitive sport with fairness, respect & collaboration.
- ✓ Pupils will develop a knowledge of how taking part in physical activity can lead to an active life when they are older.
- ✓ Pupils will develop their co-ordination, balance & agility skills to help take part in team games and sport.