

PE

Intent

At Hook CE Primary School, we aim to provide a PE curriculum that allows pupils from Reception to Year 6 to experience a range of activities that help them to develop their health, fitness and wellbeing. We intend to offer a high-quality enjoyable physical education curriculum that inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It provides 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.

The national curriculum for PE 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

Implementation

PE is taught by teaching staff on a weekly basis. Sports coaches are also used from time to time to teach specific sports e.g. cricket, rugby, orienteering. The school is also a member of The Goole Area Sports Partnership. This further enhances the curriculum by providing sporting opportunities through participation in numerous sporting tournaments with other schools in the area.

We follow the guidelines set by the national curriculum to ensure we offer a range of PE activities that allow each child to feel challenged and offer opportunities to progress further

PE at Hook CE Primary School provides challenging and enjoyable learning through a range of sporting activities including: invasion games, net & wall games, striking and fielding games, gymnastics, dance, swimming and outdoor & adventure.

The long-term plan sets out the PE units which are to be taught throughout the year and ensures that the requirements of the National Curriculum are fully met.

Pupils participate in two high quality PE lessons each week, covering two sporting disciplines. In addition, children are encouraged to participate in a range of extra-curricular activities. Out of school sports clubs are also available. We also promote and support the children in achieving 30-active minutes per day. This is done through classroom activities such as yoga and during play times and lunchtimes.

Children are invited to attend competitive sporting events within the local area through the School Sports Partnership. This is an inclusive approach which endeavours to encourage not only physical development but also mental well-being. These events also develop teamwork and leadership skills and are very much enjoyed by the children.

Each year a small group of our school council become sports leaders for the school. They develop into sporting role models for the younger children, assisting with lunch-time clubs, our annual Sports day and any other Sporting activities. They also promote initiatives to encourage more children to become active, such as the introduction of the daily mile.

Children participate in workshops covering a variety of sports throughout the year. For example, outdoor and adventurous activities, curling, squash and yoga, again providing the children with an opportunity to develop, improve their fitness and to try something new.

Children in Year 4 swim during the Summer Term. This is repeated for those children that do not meet the expected standard.

Impact

At Hook CE Primary School, we ensure that our PE curriculum is progressive and allows children to develop fundamental skills and apply them to a variety of sports and activities. All children are provided with the necessary skills and given opportunities to demonstrate improvement to achieve their personal best. Our pupils are physically active, and this has a positive impact on their learning in the classroom. Children understand how to lead a healthy lifestyle and understand the importance of regular exercise. We aspire for children to enjoy PE and develop a love of sport and physical activity which becomes part of their future life outside of primary school. Children can represent the school at sporting events from local to county level. Alongside this, we share sporting achievements both in and out of school in Celebration Assembly, so that we are promoting sports and activities, as well as celebrating all levels of success. Our aim is to give children a love of sport and use this as a pathway to a happy and healthy future utilising the skills and knowledge that have been acquired through PE.

