**Physical Education Curriculum Rationale for HCPS**

**The National Curriculum**

The National Curriculum for Physical Education 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.

**Intent**

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

PE and School Sport Premium focus: All 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 sport.

**Curriculum Design**

* Our curriculum is designed using 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 twelve units of planning to follow throughout the academic year (please see **PE Long Term Plan HCPS 2022-2023**).
  + The units have been carefully allocated to certain year groups to allow cross curricular learning and provide a diverse variety of different sports/skills to be covered. Each unit has then been cross referenced to the **PE Skills Progression 202-23** to ensure that clear progression across our school occurs.
  + Most lessons on the PE Passport can be done either indoor or outdoor, however 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, challenging and motivating learning opportunities through an inclusive range of sport activities that consist of gymnastics, dance, athletics, net and racket, striking and fielding, 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 2022-23** for specific progression of evaluating and improving skills).
* Support and encourage our children to participate in a wide range of extra-curricular activities after school.
* Involve children in **competitions within school** and the local area. These competitions emphasise the importance of sportsmanship, respect, equality and fairness as well as developing team work, communication and leadership skills.
* Swimming lessons take place in upper KS2. All children participate in swimming sessions in Year 5 in the autumn and spring term and catch up swimming lessons take place in the summer term for Year 5 and Year 6 if required.

**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 many opportunities to meet the early learning goals through their PE lessons and continuous provision which are held both indoors and outdoors. EYFS physical activity focuses on developing the children’s core strength, stability, balance, spatial awareness, co-ordination, agility and 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 teachers judgement. All pupils will be taught at least one unit a term from PE Passport such as:

Autumn - Dance - Circus

Spring – Gymnastics – Rocking and rolling, flight, balancing, jumping and landing

Summer – Athletics / Dance – Season

The children will be practising getting changed into and out of their PE kits. From this, children are able to progress in readiness and keenness to move up to Year 1.

**KS1**

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

* In KS1, year groups follow a similar sequence of units.
* In terms of indoor PE, each year group start with Movement Skills in Autumn 1, leading to Gymnastic/ Gymnastics based lessons during Autumn 2, Spring 1 and Spring 2, and all starting and finishing with Dance during Autumn 1 and Summer term.
* Target Games, Net & Wall Game Skills, Invasion Game Skills and Athletics skills are built on each year. Striking & Field Game Skills are introduced in Year 1, then further developed in Year 2.

**KS2**

In Key Stage Two, children will continue to apply and develop skills previously taught. They will be able to apply these skills effectively in different situations and within a wide range of physical activities. The children will know how to compare, communicate, collaborate, compete with each other, as well as evaluate and recognise their own success. The values on sport are also utilised by the children to extend knowledge of rules and boundaries and apply these in becoming leaders. Children will understand how to lead a 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 to become Key Stage Three reading and have a positive attitude for lifelong participating in physical activity.

* In KS2, the Year 3 and 5 and the Year 4 and 6 curriculum mirror each other to allow skills to be introduced in one year group and then further developed again later in KS2. This also provides the opportunity for children to retrieve prior knowledge from their long term memory.
* Within KS2 Games, the focus of our teaching is not to ‘jump’ straight into playing full games (eg. spending lessons playing 7-a-side Football matches). Children will spend time developing skills and tactics and play smaller versions of team games (eg. 2 on 2 Football) before moving on to the ‘traditional’ full versions.
* Units are been carefully allocated to ensure it links with our competitions within the local area.

**Swimming**

Swimming lessons take place in upper KS2. All children participate in swimming sessions in Year 5 in the autumn term and catch up swimming lessons take place for Year 5 and Year 6 in the summer term if required. Please see **HCPS Swimming Analysis 2022-23** for more information. Children who were assessed in Year 5 and took part in catch-up lessons who still are unable to meet NC objectives, continue to have swimming lessons within school hours in Year 6. This gives them the best chance to learn how to swim 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 the teacher throughout each lesson, making judgements based on progress against the lesson objective and skills progression document. An overall PE assessment is made at the end of each academic year using assessments gained throughout the year; **working towards**, have **met** or **exceeding** expectations, and this information is shared with the next teacher and the PE Subject Leader. For swimming assessment information, please read information in Year 5 and 6 sections; as well as the **HCPS Swimming Analysis 2022-23**. Swimming data is recorded using the PE Passport App which allows us to identify groups of children who require extra support.

Each year group are using floor books to evidence both indoor and outdoor PE in their year group. This is alongside our planning tool PE Passport. Evidencing PE allows teachers to validate children’s knowledge, develop end points, and challenge ALL children’s declarative and procedural knowledge. Teachers add to floor books after a lesson or at the end of a unit.

**SEND**

The HCPS PE Curriculum provides opportunities for **ALL** children to access physical activity. The PE Passport provides easy to follow plans which are 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 stored in the PE storeroom. Teachers and TA’s can access these easily to ensure inclusion and participation of **ALL** children.

**Extra-curricular and Competition**

Additionally within our curriculum we provide opportunities for children to be active. We are engaged in a wide range of sport and physical activity alongside children preparing for upcoming competitions.

* + Once a term Personal Best challenges in the form of a fitness circuit across all year groups.
  + Whole school ethos surrounding our introduction in the Golden Mile in September 2018. Children encouraged to run laps of the trim trail (track around the field) in order to gain awards. This ongoing activity promotes good cardiovascular endurance and it assessed once a term in the Golden Mile challenge.
  + Twice a term class verses class competitions to allow every child to participate in competitive sport.
  + Year 6 Play Leaders- a selected group of children are trained in organising games for KS1 children. Through the academic year they provide active games on the playground every lunchtime for KS1 children.
  + Children are given opportunities to participate in lunchtime and after school activities that are currently delivered by outside agencies and staff.