



Hampreston First School

Policy | Plan | Progression 2023/24

Vision

At Hampreston First School we aim to instil a passion for PE and sports to ensure that every child has the opportunity to be the best they can in their PE lessons, sport and active playtimes. Through physical education and sport we aim to teach our children new skills and show them how to improve in a fun, safe and stimulating environment. By providing a wide variety of opportunities both in school and off site, our children will become healthy and confident through raising self-esteem and active young people ready for the next stage of their lives. We strive to give children the opportunity to compete internally, and with other schools to instil values of teamwork, respect, enjoyment, discipline and sportsmanship.

Why We Believe *Physical Education* is Important

A high-quality PE curriculum enables all children to enjoy and succeed in many kinds of physical activity. They develop a wide range of skills and the ability to use tactics, strategies and compositional ideas to perform successfully. They are encouraged to analyse the situation and make decisions, reflecting on their own and others' performances and find ways to improve upon them.

PE helps children develop personally and socially. They work as individuals, in groups and in teams, developing concepts of fairness and of personal and social responsibility. They take on different roles and responsibilities, including leadership, coaching and officiating. Through the range of experiences that PE offers, they learn how to be effective in competitive, creative and challenging situations.

Characteristics of Athletes

We believe that all children can and should be athletes.

As athletes, children understand that:

- **Teamwork** is essential in all sport because working as part of a team enriches our lives.
- **Respect** forms the basis of all sports. We must show respect to ourselves, our team and the adults that support us in our learning.
- PE lessons should be full of **enjoyment**.
- **Discipline** is an important component of all sports. We must follow the rules to ensure that we are all safe, we can learn and that we can enjoy PE together.
- While winning is important in sport, it is also important to recognise both endeavour and achievement. **Sportsmanship** and fair play are vital in supporting the wellbeing and development of all.

Subject Statement

Intent

At Hampreston First School, PE is an integral part of our curriculum and we strive to create a culture which inspires an active generation to enjoy PE and that encourages each other to achieve. We provide a safe and supportive environment for children to flourish in a range of different physical activities which is essential in supporting their physical, emotional, spiritual, social and moral development.

We aspire for children to adopt a positive Growth Mindset and believe that anything can be achieved with determination and resilience. At Hampreston we offer a dynamic and varied program of activity to ensure that all children progress physically through a unique and fully inclusive PE curriculum. Our curriculum aims to improve the well-being and fitness of all children, not only through the sporting skills taught, but through the underpinning values and disciplines PE promotes.

We aim to deliver high quality teaching and learning opportunities that enable all children to achieve their personal best. All children participate in competitive sport which can be against self and/or others. We aim for all children to be physically active for sustained periods of time and to be able to make informed decisions to lead healthy and active lives. Swimming is an important life skill and we aspire for all children to leave primary school having met at least the minimum requirements of the National Curriculum.

Implementation

- PE at Hampreston First School provides challenging and enjoyable learning through a range of sporting activities including invasion games, net & wall games, striking and fielding games, gymnastics, dance, health and fitness, outdoor and adventure and swimming.
- The whole Year 4 class has swimming sessions at Canford School during the autumn and spring terms.
- Pupils participate in at least 2 hours of high-quality PE lessons each week, covering two different sports/skills focuses each half term.
- The Long-Term planning for each class 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. This is tracked by the PE Co-ordinator and used as handover for transition at the end of the academic year so that the new class teacher is aware of what the class has already been taught and to identify any areas that need further development.
- All staff can access the Medium-Term planning and half termly assessments for each class throughout the academic year and have the opportunity to work with a sports coaching specialist weekly.
- Teachers use and adapt planning and resources to ensure lessons across years show progression.
- Children are encouraged to participate in the varied range of extra-curricular activities. We provide inclusive and enjoyable clubs which increases children's physical activity. Clubs are offered to all children in the school.
- Active travel is encouraged, and we take part in termly Walk to School Week events.
- Children are encouraged to stay active at break times and can access a variety of equipment to use.
- Year 3 and 4 children have the opportunity to become Play Leaders for the school. The Play Leaders develop into sporting role models for the younger children, assisting with and organising games at break times.
- Children are invited to attend competitive sporting events and festivals within the local area and beyond. 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 children.

Impact

At Hampreston First 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 education. Children can represent the school at sporting events. 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. We aim for all Year 4 pupils to leave school with the skills to competently swim at least 25m and have the skills to self-rescue in the water which are key life skills.

This is what some of our children say about PE:



PE Curriculum Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	Intro to PE – Unit 1 Fundamentals – Unit 1	Intro to PE –Unit 2 Dance	Fundamentals – Unit 2 Gymnastics – Unit 1	Balls Skills –Unit 1 Gymnastics – Unit 2	Balls Skills – Unit 2 Games – Unit 1	Games – Unit 2 Sports Day Practice
Year 1	Team Building Fundamentals	Ball Skills Dance	Invasion Games Gymnastics	Target Games Fitness	Striking and Fielding Net and Wall	Athletics Sports Day Practice
Year 2	Team Building Fundamentals	Ball Skills Dance	Invasion Games Gymnastics	Target Games Fitness	Striking and Fielding Net and Wall	Athletics Sports Day Practice
Year 3	Fundamentals Basketball	Handball Dance	Hockey Gymnastics	Tag Rugby Fitness	Cricket Football	Tennis Sports Day Practice
Year 4	Hockey Swimming	Handball Swimming	Gymnastics Swimming	Tag Rugby Swimming	Cricket Football	Tennis Sports Day Practice

Promoting British Values Through PE

A high-quality PE curriculum inspires all children to succeed and excel in competitive sport and other physically-demanding activities. At Hampreston, we aim to provide opportunities for children 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.

Democracy	<p>At Hampreston children are taught about the need for different roles and different responsibilities, including team work and decision making. They know how to behave in PE in a way that is acceptable socially. Children can work individually and in teams and make informed choices. They are fully engaged in all lessons. The extra-curricular programme at Hampreston is inclusive and activities are well attended.</p> <p>Children are regularly consulted and asked for feedback on their PE lessons and extra-curricular opportunities. Sports ambassadors and sports leaders help to provide a clear voice and help to demonstrate an understanding of roles and responsibilities within PE.</p>
The Rule of Law	<p>In PE lessons children are taught about age appropriate rules, fairness and respect, through a variety of PE activities. They learn to work individually and in groups promoting good social and communication skills. Fair competition is encouraged and therefore an ethos of how to win and lose fairly is established from an early age. Sportspersonship is rewarded along with determination and resilience in self competition.</p> <p>Children at Hampreston can play within the rules in any activity. They can understand the need for rules, adhere to them and can develop rules for activities that they create. Children adhere to and understand the rules of safety. All children are encouraged to solve problems on their own or with others, before seeking advice.</p>
Individual Liberty	<p>The broad curriculum and extra-curricular programme at Hampreston recognises individual differences. Children are encouraged to respect each other's choices and opinions. Pupils are able to make judgements about their own and others' performances and express them in an appropriate way. Children feel safe in curricular and extracurricular activities and during off site visits. Pupil voice and half termly Sports Leaders meeting help to ensure all children have the opportunity to express their opinions and ensure all are listened to.</p>
Respect	<p>Children at Hampreston not only know our school values, but actively demonstrate them within PE lessons. Pupils respond well to our reward system and accept sanctions if needed. Children are respectful of PE equipment and school buildings/facilities. Pupils respect the countryside and venues during off site visits.</p> <p>All pupils have the opportunity to take part in competition; within PE lessons, during Active Play lunchtimes, in extracurricular and in inter school competition. Pupils demonstrate appropriate behaviour and regard for rules and regulations.</p>
Mutual Tolerance	<p>Children are taught about historical, cultural and religious differences, through a variety of PE activities. They learn and perform different styles of dance and learn to respect the cultural differences. They are taught about the environment and origins of different sports. Children encouraged to make choices based on their own beliefs whilst understanding that not everyone make the same choices.</p>

Spiritual, Moral, Social and Cultural Aspects

The teaching of PE offers opportunities to support the social development of our children through the way in which we expect them to work with each other in lessons. Groupings allow children to work together, support each other and give them the chance to discuss their ideas and performance. Their work enables them to develop a respect for other children's levels of ability, and encourages them to cooperate across a range of activities and experiences. Children learn to respect and work with each other, and develop a better understanding of themselves and of each other.

Inclusion & Equal Opportunities

A range of PE activities are offered to all of our children; experiences and expectations are the same regardless of gender. Selection for school sport teams is based upon both ability and also opportunity. Our aim is to have a high percentage of children from the Hampreston represent the school in some capacity. PE lessons and lunchtime sport clubs offer all children the opportunity to improve their knowledge and techniques so everyone has the opportunity to be the best they can be. For children who have physical or learning disabilities, some adaptations may have to be made to the way in which an activity or sport is taught, learnt and played. Any such adaptations will be made in consultation with the relevant staff and specialists. We will also aim to provide children with a range of enhancement opportunities, designed to challenge and develop their skills and understanding. Children should only refrain from physical activity during a PE lessons on health grounds, if this is requested by their parents/carers, either by direct contact with the school or in a note to their teacher. However, if the teacher deems their health to have changed from the beginning of the day they may grant them permission to be included in a different role during the lesson. Nonparticipating pupils should take the role of an evaluator, scorer, coach etc.

For more information, please see Inclusion Support Strategies document.

Date of policy review: March 24

