



"Whatever you do, work at it with all your heart" *Colossians 3:23*

Physical Education

Intent

We aim to ensure that children in EYFS are well prepared to begin the KS1 PE curriculum.

At Huby we aim for our children to:

- Have the skills and desire to engage in competitive sport
- Be physically active for sustained periods of time
- Develop competence to excel in a broad range of physical activities
- Participate in team sports and learn how to efficiently work as a team, developing tactics for attacking and defending showing individuality and originality
- Be able to competently swim over a distance of 25 metres by the end of year 6 and the knowledge to be confident and safe around the water
- Have the opportunity to develop positive and strong leadership through sporting activities
- Have the chance to play sport competitively in school and against other schools

Wider PE aims linked to the whole school

- Have a healthy active lifestyle, eating well, exercising regularly and making good lifestyle choices
- Develop a lifelong love for sport, physical activity and PE – Each child to find a sport or physical activity that they enjoy
- Develop leadership skills
- Have a positive attitude to extra-curricular sport and the chance to participate in a variety of extra-curricular clubs
- Be able to apply skills learnt through participating in sport such as teamwork and perseverance to other areas of their development
- Demonstrate willingness to achieve their best and strive to continue to improve upon their best efforts
- Transfer the skills learnt from outdoor adventurous activities into different aspects of their lives: taking initiative, demonstrating creativity and becoming more confident individually and as a team.

Implementation

At Huby PE is taught through Complete PE, using the knowledge of the staff and specialist supplementary coaches to enhance the learning journey further. The lessons allow the children to build the necessary skills and tactics to thrive in a variety of games and sports.

Class	Breadth of Study	Context
EYFS (Reception) Robins	<ul style="list-style-type: none"> • See how our EYFS curriculum links to the national curriculum 	Multiskills Games Dance Gymnastics OAA Athletics
Kingfishers (Year 1&2)	<ul style="list-style-type: none"> • Develop dribbling passing and dodging skills • Exploring running and jumping • Participate in games, developing simple attacking and defending tactics • Develop trust, cooperation, coordination and teamwork • Take part in outdoor adventurous activities 	Locomotion Ball skills (Hands and feet) Gymnastics Dance Games for understanding Team building Health and wellbeing Outdoor Adventurous Activities
Owls (Year 3&4)	<ul style="list-style-type: none"> • Understand warm ups, continuous training and interval training • Understand mental well-being, mindfulness and leadership • Improve passing, shooting, throwing and dribbling • Show leadership and communication skills and tactical awareness • Take part in outdoor adventurous activities 	Invasion games Gymnastics Outdoor Adventurous Activities Dance Striking and fielding Athletics
Red Kites (Year 5&6)	<ul style="list-style-type: none"> • Develop cardiovascular fitness, flexibility and strength • Improve passing, shooting, throwing and dribbling and apply these in competitive situations • Understand possession and be able to transition between attack and defence • Understand and develop tactics and use these in game situations • Develop leadership and communication skills and tactical awareness • Take part in outdoor adventurous activities 	Invasion games Gymnastics Outdoor Adventurous Activities Dance Striking and fielding Athletics

We use the STTEP framework in PE to differentiate PE lessons and make sure everyone is getting the most engaging experience.

Space: Where the activity is happening E.g. modify the space by increasing or decreasing the area in which a task is to be performed or changing the distance or areas in which to score points.

Time: More or less time is allowed to complete the task.

Task: What is happening? E.g. modify the task by changing the demands, the rules of the activity, the number of times the child is to repeat the task, teaching cues, direction/level/pathway of movement or length of time to complete the task.

Equipment: What is being used? E.g. modify the equipment by changing the size of the target, level of equipment, amount of equipment, height of the equipment or the arrangement of the equipment.

People: Who is involved? E.g. modify the people involved by having children work alone, with a partner, bigger teams, smaller teams, as leader or follower, on different activities, or in a small group.

Impact

In EYFS we instil a love of moving and activity whilst preparing the children for the KS1 curriculum.

Through the high-quality teaching of PE taking place, whilst still fostering a love of movement and activity we will see the impact as the children will be able to:

KS1

- Participate in a competitive sport understanding the roles of different individuals in the team
- Explain the benefits of a warm-up
- Act safely in PE lessons
- Keep their own score in games
- Safely use the apparatus and equipment in school

KS2

- Lead their own warm-up and be able to explain the benefits of warming up whilst explaining why
- Swim 25 metres and explain how to be safe around the water
- Pass, shoot, throw and dribble in more than one sport
- Lead their own session
- Change tactics dependent on game situation
- Play sport competitively officiating their own games
- Talk about and make informed decisions about
- How live a healthy lifestyle
- Describe mental, physical, and social benefits of sport

Everyone (Reception to Year 6) every year

- Everyone participates in Forest Quest
- Everyone participates in intra school competitions throughout the year

- Everyone in KS2 has the chance to participate in inter school competition
- KS2 have the chance to watch live professional sport
- Children have at least 300 active minutes a week