

# Curriculum Statement

## PE

*Hooked on Thinking*

Working With and For Local Families



### **Intent – PE at Hindhayes**

Recent research used to inform practice:

Government guidelines recommend that children and young people should get 30 minutes of their daily physical activity in the school day and 30 minutes outside of school. The figures show that 57.2% (up 4.6%) of children are doing 30 minutes or more of physical activity outside of school, compared to 40.4% at school. At the other end of the scale, 2.1 million children and young people (29.0%) are doing fewer than 30 minutes of physical activity a day, and while that number is down (by 3.9% over the last year) it's a reminder of how much more needs to be done. Active children are happier, more resilient and more trusting of others and there is a positive association between being active and higher levels of mental wellbeing, individual development and community development.

(Sport England 2019)

#### **Developing PE at Hindhayes:**

Most teachers at Hindhayes are trained to teach REAL GYM and many have had training in REAL PE and we use these schemes for the majority of PE lessons. Physical Education is a valuable and essential part of the curriculum at Hindhayes. It is concerned primarily with the development of gross motor skills, agility, balance, coordination and movement confidence. PE provides opportunities to develop skills, knowledge and understanding through a wide range of physical activities.

### **Implementation**

We use a variety of approaches to teach PE. Activities will be selected that take into account the range of learning styles that may be seen in the school. Also activities will reflect the creative, imaginative physical and practical skills that need to be developed in order to meet the requirements of the Programmes of Study.

- Much of the lesson is introduced to the whole class and then children are given lots of opportunity to practice their new skills independently and in pairs / small groups
- The children are encouraged to help each other and to look for evidence of their partners showing good skills within what they have been shown.
- Children are encouraged to strive for achievement and to praise each other appropriately.

Progress is monitored through talk time at the end of lessons and through children's ability to work through each series of challenges.

#### **Developing Cultural Capital**

We offer a range of activities to develop cultural capital.

We use some PE fund to pay for a Tai Chi instructor who takes small groups of children regularly. She has also led staff meetings in order that Tai Chi can be led by teachers.

We have outdoor space that the children have plenty of access to. Reception have free flow into the quad, offering level and slopes on which to play, encouraging a variety of movement, as well as bikes and balance bikes.

The school grounds are used at play and lunch, supported by Outdoor Play and Learning.

All children in Reception and Year one attend Forest School every 2 weeks.

### **Impact**

By the end of Key Stage One we aim for the children at Hindhayes School to:

- want to take part and enjoy physical activity, and have an increased self confidence as a result
- have developed their motor skills through a variety of physical activities
- have enhanced personal, social, physical and emotional development
- have an understanding that physical activity contributes to a healthy lifestyle now and in the future
- be developing an awareness of safe practice
- begin to plan, perform and evaluate actions

