

Curriculum Statement for Physical Education (PE)

INTENT - What do we aspire for our children?

'A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should provide 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.'

National Curriculum, 2014

Our Rationale for PE:

At Hotwells, we follow the [National Curriculum for PE](#) and, alongside this, we aim to ensure that all learners:

- Are informed and understand the vital importance of exercise and physical activity in promoting long-term health and well-being.
- Develop an eagerness to participate and demonstrate highly positive attitudes to skill acquisition, competition and organising and leading within lessons.
- Develop and practice transferable skills including communication and leadership, understanding how these contribute to the wider world.
- Are given opportunities to participate in competition, competing against other schools across Bristol.

Our Aims for PE at Hotwells:

At Hotwells, our overarching aims are:

We are Ambitious:

- Pupils will experience competitive sports outside of the school context.
- Pupils will compete regardless of need at comparable levels.
- Pupils will be given the opportunity to learn to swim with a term's worth of lessons in Key Stage 2 with the aim of swimming 25 metres with confidence and competence.
- Pupils will communicate and celebrate their own and others' achievements.

We are Creative:

- Pupils will be given opportunities to take initiative and become excellent young leaders, organising and

officiating, and evaluating what needs to be done to improve.

- Pupils will develop teamwork and cooperation to help to motivate and instil sporting attitudes in themselves and others.
- We will provide opportunities for children to use their imagination and creativity in their techniques, tactics and choreography understanding how to improve their own and others performance.

We are Local and Global Citizens:

- Pupils will develop skills of resilience and determination and learn to cope with not winning
- Pupils will understand the value of teamwork and build communication skills to interact respectfully with others.
- Pupils will understand the long term health benefits of a healthy active lifestyle and understand the key role it plays in mental well being and self esteem.
- Through PE, pupils will develop transferable skills that will have a positive influence on their wider learning.

IMPLEMENTATION - How will we deliver the curriculum?

At Hotwells, the children are introduced to a wide range of skills through different sports and activities. The children are taught that PE is an important part of leading a healthy lifestyle and understand the importance of a warm up and cool down. During a term the children will focus on an individual sport, theme or activity. Each area is then broken down into the skills needed to succeed. They learn the individual skills which can then be applied across a range of sports and activities.

We currently use PE Passport to support our PE planning and units of work are progressive. Children build upon the skills they have learned in the previous year.

Early Years: PE is focussed on dance, gymnastics and multi-skills.

Key Stage 1: Children continue to develop these skills and apply them to small team games.

Key Stage 2: The core skills are developed further through competitive games, dance and gymnastics. Whilst exploring these skills the children will learn to reflect on their achievements and areas for improvement as well as supporting and advising the development of others. Children develop the ability to work with others and develop a level of respect for those around them. They will be encouraged to celebrate the successes of others in lessons and in competitions.

Each unit includes:

- A focus sport to teach, using P.E passport.
- Key skills needed to be successful.

- A series of lessons teaching individual skills.
- Warm up and cool down activities.
- Opportunities for children to reflect on their performance help other to do so.
- Suggested opportunities for more physically able children.
- Ways to make the activity accessible for children with SEN.
- Suggestions for competitive situations, if appropriate.
- An opportunity for a final performance or game where all skills are applied.
- The option to create and use photo evidence of the skill being used.
- Ongoing assessment throughout lessons.

Swimming and Water Safety:

Children in Key Stage 2 (usually Year 4) attend weekly swimming lessons so that they learn to swim and develop their water safety. At the end of each academic year, schools are required to publish how many Year 6 children have met the national curriculum requirement relating to swimming and water safety which states that:

'All schools must provide swimming instruction either in key stage 1 or key stage 2. In particular, pupils should be taught to: swim competently, confidently and proficiently over a distance of at least 25 metres, use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] perform safe self-rescue in different water-based situations.'

National Curriculum 2014

Curriculum Enrichment:

We are currently part of the [Ashton Park School Sports Partnership](#) and this provides our children with the opportunity to take part in sporting activities with children from other schools across Bristol. The Ashton Park School Sports Partnership also offers a wide range of inclusive events across the academic year for both Key Stage 1 and Key Stage 2.

Children also have the opportunity to take part in extra-curricular sports clubs and activities. This includes football clubs (for both girls and boys), multi-sports, fencing and yoga.

IMPACT - How do we know our curriculum is effective?

Pupil Voice

We understand that pupils are the best way to show how effective our curriculum is. Pupil voice will demonstrate:

- Children have a positive about sport.
- That pupils are able to use appropriate PE vocabulary and talk about the necessary skills for different PE strands.
- That pupils can explain how learning builds on previous knowledge.
- Have experienced a range of sporting activities during their primary school journey.