

## Physical Education

### School Vision

At St Margaret's at Hasbury we believe that all children can succeed. Through our curriculum we ensure that we create independent, resilient, creative, emotionally intelligent and curious learners, who are confident and courageous in the face of challenges. We want children to thrive and be the best person they can be and:

'Live life in all its fullness.' (John 10:10)

### Curriculum intent

The aim at St Margaret's at Hasbury is to provide opportunities for children to develop as independent, confident, successful learners with high aspirations, who know how to make a positive contribution to their community and the wider society. We believe that childhood should be a happy, inquisitive, inspirational time in our lives where there are no limits to curiosity and new experiences.

St Margaret's provide a high-quality Physical Education curriculum that inspires all pupils to succeed and excel in competitive sport and other physically demanding activities. During PE lessons, our children are given opportunities to improve their confidence, health and fitness. There are also opportunities outside of lessons for children to partake in competitive and non-competitive sporting activities which help develop their character and embed values such as fairness and respect. It is our intent that children become physically education people, which means they have learned to arrange their lives so that physical activities they freely engage in make a distinctive contribution to their wider flourishing (James MacAllister). Through our PE curriculum children will develop, "Mens sana in corpore sano," a healthy mind in a healthy body.

### Implementation

Our children have two hours of timetabled PE lessons per week. This allows them to build a sound knowledge of basic skills, deepen the values of the school's vision and to build a positive relationship with physical health.

Our School uses 'PE Hub' which is a comprehensive PE scheme for EYFS to Year 6. Topics cover the National Curriculum themes of Athletics, Dance, Gymnastics, Games, (net and wall, invasion and striking and fielding), and Outdoor and Adventurous Activities. In key year groups children also have the opportunity to participate in swimming lessons. The PE Hub provides a series of topics which build upon skills and clearly defines the knowledge that children need to improve their performance. Within these topics, there is a sequence of lessons that again build upon previous learning, (that is from the previous lesson, the previous week's learning, previous topics and years). Opportunities to retrieve knowledge and to develop skills that children have encountered previously in PE is key. All teachers teach their own PE lessons.

Visitors who have inspiring stories will be welcomed to Hasbury through the participation in schemes like 'Sports for Champions' for example where Olympic athletes visit schools to carry out demonstrations followed by children carrying out circuits.

Opportunities for physical activity are planned for outside of the PE lessons. St Margaret's uses the forest school area throughout the year with all children to provide further outdoor and adventurous

opportunities. There is an expectation that through forest school children become familiar with simple maps/ trail representations and simple orientation in Key Stage 2. This is further developed through the orientation trail which is in place across the school with clear links to other curriculum areas being purposefully planned for.

### **Extra-curricular activities**

We encourage all children to attend clubs, events and competitions in and out of school and also at other schools. Our extra-curricular offer includes football, netball, tag rugby, multi-sports, hockey, dodgeball and cross country.

### **Impact**

At St Margaret's at Hasbury Physical Education provides deep learning in a positive and engaging environment. Children will:

- develop knowledge and practice skills ensuring they build upon previous knowledge and ability in dance, gymnastics, athletics, games and outdoor and adventurous activities
- develop competence to excel in a broad range of physical activities
- be physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives
- be confident to try new things, take risks and challenge themselves to improve performance and be self-motivated
- be able to make quick decisions and choices when planning tasks or performances
- have a range of strategies for solving problems and show resilience to keep going when they find things difficult
- understand the benefits of working in different group dynamics and understand each other's gifts and talents
- have the confidence to lead and support others reflecting attitudes of good sportsmen, fairness and respect
- understand the importance of physical activity in a wider context and possess the skills and enthusiasm to develop their learning further.
- become curious, inspired, knowledgeable, caring and resilient individuals who understand the reasons why physical activity is beneficial to their body and mind.