

Intent: Our PE curriculum is underpinned by our school vision and the principles from the National Curriculum. We aim to develop a mastery of the following skills

- Fundamental movement skills and how they are used in sport and exercise
- Running, jumping, throwing and catching in isolation and combination
- Attacking and defending skills when playing competitive games
- Dancing using a variety of movement skills
- Swimming and making use of a range of strokes to competently swim 25 metres

Children will develop knowledge of:

- The importance of warming up and flexibility in PE
- How exercise improves your health and how physical wellbeing contributes to a healthy lifestyle
- Various swimming strokes that can be used
- The main muscle groups used during physical activity

Children will develop an understanding of:

- How to participate safely in physical activity
- How to improve performance when involved with sport and physical activity
- How to communicate effectively as part of a team
- How to assess and compare performances to aid improvement
- How to take part in outdoor and adventurous activities
- The importance of believing in their own ability and the need to show perseverance

Implementation: At Hatch Warren Juniors PE is built into our curriculum alongside all other subjects. Our school values are integral to our inclusive approach which encourages participation and enjoyment. Two PE lessons per week are provided as well as other opportunities to be active. For example, the Daily Mile, a wide variety of after school clubs, lunchtime sports assistants and school teams.

At the start of every academic year, PE lessons are focused on building team work and communication skills. These are viewed as essential elements to be assessed and in place before the above skills and knowledge are built into the curriculum. Gymnastics is used early in the year to help focus on fundamental movement skills.

At the start of each unit of work class teachers assess their children's ability to achieve the skills laid out in the curriculum progression and adapt their teaching accordingly. Lessons are subsequently differentiated to ensure that all children receive appropriate challenge and the opportunity to achieve success using the skills they are being taught.

To ensure longevity class teachers receive regular CPD for PE including INSET training and support and advice from the subject leader. This approach is reinforced by the use of a qualified and highly experienced sports coach who also supports with school clubs.

The school is committed to providing children with opportunities to apply the skills that they have developed through the curriculum in competition with other local schools.