



Working hard to achieve our best

Curriculum Statement for PHYSICAL EDUCATION

Details of the Physical Education Curriculum for each year group for each term can be found on the class webpages.

Spiritual, Moral, Social and Cultural development through the teaching of Physical Education

Spiritual

P.E supports spiritual development by increasing their knowledge and understanding of the body's performance when exercising; this leaves pupils amazed at the body's ability. Through Dance and sports such as Gymnastics pupils are being creative, expressing feelings and emotions in their performances. Allowing pupils' reflection time to evaluate their experiences allows them to build a positive mindset and promotes progression. Pupils will also see a sense of awe and wonder when observing elite performance from professional athletes and their peers.

Moral

P.E supports moral development by encouraging them to live a healthy lifestyle and promoting healthy living is apparent in each P.E lesson. Pupils develop the ability to tell between right and wrong through fair play in sporting events and participating in competitive situations, giving pupils a sense of justice, and how to respond appropriately when they feel there is an injustice. The frequent opportunity given to pupils to supports the importance of abiding by rules.

Social

P.E supports social development by developing the necessary skills to work in teams or pairs, as the majority of activities are based around team games or creating sequences in groups, co-operation with others is paramount to success. Giving the pupils roles such as leaders, coaches, or umpires, and offers pupils the opportunity to develop their communication skills, leadership skills and the ability to settle any discrepancies which may occur. Pupils are encouraged to reflect upon feelings of enjoyment and determination.

Cultural

P.E supports cultural development by giving children the opportunity to explore dances and learn games from different traditions and cultures including their own. Pupils also recognise and discuss the differences between male and female roles within sport, at both elite and amateur levels. Compassion and respect for other culture and traditions is also displayed by all when exploring unfamiliar games or dances. Pupils will discuss how culture affects what sports different nations excel at and how cultural traditions can affect which sports men and women participate in.

Key characteristics for physical education

We have identified the following key characteristics which we aim to develop in our children;

- The ability to acquire new knowledge and skills exceptionally well and develop an in-depth understanding of PE.
- The willingness to practise skills in a wide range of different activities and situations, alone, in small groups and in teams and to apply these skills in chosen activities to achieve exceptionally high levels of performance.
- High levels of physical fitness.
- A healthy lifestyle, achieved by eating sensibly, avoiding smoking, drugs and alcohol and exercising regularly.
- The ability to remain physically active for sustained periods of time and an understanding of the importance of this in promoting long-term health and well-being.
- The ability to take the initiative and become excellent young leaders, organising and officiating, and evaluating what needs to be done to improve, and motivating and instilling excellent sporting attitudes in others.
- Exceptional levels of originality, imagination and creativity in their techniques, tactics and choreography, knowledge of how to improve their own and others' performance and the ability to work independently for extended periods of time without the need of guidance or support.



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- A keen interest in PE. A willingness to participate eagerly in every lesson, highly positive attitudes and the ability to make informed choices about engaging fully in extra-curricular sport.
- The ability to swim at least 25 metres before the end of Year 6 and knowledge of how to remain safe in and around water.

Our approach to teaching Physical Education at Houghton Primary School

In order that our learners are enabled to develop the key characteristics for physical education we are committed to high quality provision which is driven by the belief that engaging in physical activity, sport and competition is essential to leading active and healthy lives. We are driven by the very real concern that the current generation of children are less active and will have more health problems than previous generations of children. [This video shows the possible impact.](#)

We want all our children to engage in physical activity throughout the school day and work hard to ensure that they do so across the curriculum. Our PE curriculum is one aspect of ensuring that we have active children. We teach a minimum of 2 hours curricular PE each week. We follow the Cambridgeshire Local Authority PE Scheme of Work to ensure coverage and progression. We engage with Hunts Schools Sports Partnership to ensure that our teachers work along qualified PE teachers and coaches to deliver high quality teaching in PE. We organise a variety of extra-curricular opportunities for our children and take part in lots of competition, both within school and across schools. We hold a 'Sports Morning' once a month which is led by our Year 5 and 6 Sports Leaders for children in years 2 – 6.

We uphold the School Games values and they form the mainstay of our House Point Award system when we award points when we see the values being demonstrate;



Opportunities for developing Physical Education

In order to ensure that our children are provided with a range of opportunities to enable them to become confident and independent in PE we provide;

Key Stage One	Key Stage Two
<p>Opportunities to:</p> <ul style="list-style-type: none"> • Participate in team games, developing simple tactics for attacking and defending. • Perform dances using simple movement patterns. 	<p>Opportunities to:</p> <ul style="list-style-type: none"> • Play competitive games, modified where appropriate, such as football, netball, rounders, cricket, hockey, basketball, badminton and tennis and apply basic principles suitable for attacking and defending. • Take part in gymnastics activities. • Take part in athletics activities. • Perform dances. • Take part in outdoor and adventurous activity challenges both individually and within a team. • Swimming and water safety and take swimming instruction.



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Key learning objectives for Physical Education

We have identified the following key learning objective for physical education;

- To develop practical skills in order to participate, compete and lead a healthy lifestyle



We have achieved the GOLD level in the national School Games Awards for two consecutive years (2016, 2017) and were finalists in the Living Sport Primary School of the Year Award in 2016. [Please see our Sport Premium page for more details.](#)



County Champions in the ESFA Nations Cup, March 2017



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Meeting former England Cricket Captain, Charlotte Edwards, when she visited our school.

[Click here for National Curriculum Programme of Study for Physical Education](#)