



Hawes Primary School

PE rationale



Stuart Kay, Youth Sports Trust Schools Director, highlights the vital role that PE and sport can play in a child's educational journey, stating it plays an essential part in "enhancing children's health, building character, improving wellbeing and supporting them to fulfil their potential". *Youth Sports Trust (2019)*

At Hawes Primary School, we believe that all children's education (this includes SEND, EAL, PP and vulnerable children) begins in Early Years. Our curriculum offer for PE begins in Early Years. 'Children develop quickly in the early years and a child's experiences between birth and age five have a major impact on their future life chances.' (*EYFS Statutory Framework, 2021*)

In PE, we recognise the 'must haves' as the development of the children's **motor competence**, their understanding of **rules, tactics and strategies** and the knowledge of how to **participate healthily** in a game (Ofsted, September 2023). We recognise the 'could dos' as sequenced lessons in PE of the essential knowledge, the explicit teaching of vocabulary and specific skills and retrieval practice for knowledge and interleaving.

Hanna Miller, Her Majesty's Inspector, Subject Lead for Physical Education, states that "pupils are able to know more, remember more and do more in PE when they have access to high quality instruction, practice and feedback" (March 2022). At Hawes Primary School, high-quality instruction in PE is delivered to all pupils.

Primary PE ensures that all children have many opportunities to:

1. Develop their **motor confidence**
2. Develop their knowledge of **strategies and rules** in a range of sports
3. Become **healthy participants** and **good team players** in a range of competitive games

All children have 2 hours of PE timetabled in each week.

Why this, why now?

The whole school long term plan is designed for mixed age classes. PE is taught twice weekly.

The whole school long term plan for PE is as follows:

- **Fundamental movements, body control and ball skills**
- **Dance**
- **Gymnastics**
- **Application of fundamental movements OAA**

Children learn to take part in outdoor and adventurous activity challenges both individually and within a team. In KS2 children also take part in a residential trip which provides further opportunities to apply themselves in different outdoor and adventurous activities requiring teamwork. Children have opportunities to apply the fundamental skills of running and jumping during orienteering.

- **Swimming**

In the autumn term, all KS2 children have ten weeks of swimming lessons focusing on swimming 25 metres, using a range of strokes and performing water safety procedures.

Knowledge in PE

In the Ofsted report, '**Beyond 2012 - outstanding physical education for all**' (2013), it was noted that "...only a very small minority of schools dedicated enough time to teaching specific sports...in **sufficient depth** to provide pupils with the knowledge, skills and understanding needed to attain very high standards of sporting performance". With this in mind, through this rationale and corresponding PE progression document, we aim to have clarity across school of the specific skills and knowledge to be deliberately practised and mastered within each year group and throughout the school. We link closely with outside agencies to ensure sufficient time is spent on each area, working memory capacity is considered and the children do not move on too quickly.

Substantive knowledge in PE is based on deliberate practice and development of specific fundamental skills that can be used in a variety of disciplines, sports and games e.g.:

- Running, jumping, throwing and catching
- Tactics within a team game e.g. strategies for attacking and defending
- Being able to perform specific actions, balances and movements in line with year group expectations
- Being able to swim confidently and competently over 25 metres
- Being able to perform a safe self-rescue in water.

Disciplinary knowledge in PE comes through opportunities for the children to choose and apply their own actions, balances, movements and skills. Once they have mastered the specific skills, they have opportunities to apply these within sports and games and therefore

have to choose different strategies and the best way to approach different challenges. When the children know more, they remember more and can do more.

As they move through school, their skills and knowledge around tactics become more complex and they have to work collaboratively to make decisions. There are lots of opportunities for the children to evaluate their performances and reflect on how they will improve next time. Through deliberate practice, the aim is for the children to know more, remember more and do more.

Children who are working at the expected level with greater depth are given further challenges when applying their disciplinary knowledge.

SMSC in PE

Spiritual, moral, social and cultural attributes are developed in our pupils throughout the PE curriculum.

Spiritual education in PE is explored through creating, developing and expanding ideas. There are many opportunities for children apply the skills and knowledge they are taught. They are encouraged to explore their own ideas and interests, make links in their learning and choose ways to respond to different situations.

Moral education in PE is centred around the healthy participation of all children in competitive games. At Hawes Primary School, children are given many opportunities to develop their robustness and resilience in inter-school competitions, events such as Sports Day and in PE sessions where their skill knowledge is applied in games.

Social development occurs in PE and fitness sessions in a variety of different contexts. The children develop their communication skills while leading warm-ups, working in groups to improve their skills and by participating in team games. The children have many opportunities to socialise with children from alternative backgrounds in inter-schools competitions.

Cultural education in PE involves the extra research opportunities that our children are given to explore the diverse world of athletes. Visitors are invited into school to inspire our children.

Enhancements in PE

"Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect." (Department for Education, 2013)

At Hawes Primary School, we have a carefully planned programme of enhancements to ensure that all year groups are exposed to a wide range of opportunities that enhance children's knowledge and cultural capital in all subjects.

Reviewed: September 2024

Next Review Date: September 2025

