

# Hartlebury Primary School Physical Education









# Hartlebury Primary Schools Physical Education Vision

At Hartlebury, we believe that A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. Our aim is to provide opportunities for pupils to become physically confident in a way which supports their physical and mental health. We believe that opportunities to compete in sport and other activities build character and help to embed our Christian values such as fairness and respect.



# Hartlebury Primary Schools

## Physical Education Aims

Physical Education aims to ensure that all pupils:

- ▶ Develop competence to excel in a broad range of physical activities.
- ▶ Are physically active for sustained periods of time.
- ▶ Engage in competitive sports and activities.
- ▶ Lead healthy, active lives.



# EYFS

PE		
Three and Four-Year-Olds	Personal, Social and Emotional Development	<ul style="list-style-type: none"> <li>• Select and use activities and resources, with help when needed. This helps them to achieve a goal they have chosen or one which is suggested to them.</li> <li>• Increasingly follow rules, understanding why they are important.</li> <li>• Remember rules without needing an adult to remind them.</li> </ul>
	Physical Development	<ul style="list-style-type: none"> <li>• Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills.</li> <li>• Go up steps and stairs, or climb up apparatus, using alternate feet.</li> <li>• Skip, hop, stand on one leg and hold a pose for a game like musical statues.</li> <li>• Use large-muscle movements to wave flags and streamers, paint and make marks.</li> <li>• Start taking part in some group activities which they make up for themselves, or in teams.</li> <li>• Increasingly able to use and remember sequences and patterns of music that are related to music and rhythm.</li> <li>• Match their developing physical skills to tasks and activities in the setting. For example, they decide whether to crawl, walk or run across a plank, depending on its length and width.</li> <li>• Choose the right resources to carry out their own plan. For example, choosing a spade to enlarge a small hole they dug with a trowel.</li> <li>• Collaborate with others to manage large items, such as moving a long plank safely, carrying large hollow blocks.</li> <li>• Show a preference for a dominant hand.</li> <li>• Be increasingly independent as they get dressed and undressed. For example, putting coats on and doing up zips.</li> </ul>

Three and Four-Year-Olds Continued	Expressive Arts and Design	<ul style="list-style-type: none"> <li>• Respond to what they have heard, expressing their thoughts and feelings.</li> </ul>
Reception	Personal, Social and Emotional Development	<ul style="list-style-type: none"> <li>• Manage their own needs.               <ul style="list-style-type: none"> <li>- personal hygiene</li> </ul> </li> <li>• Know and talk about the different factors that support overall health and wellbeing:               <ul style="list-style-type: none"> <li>- regular physical activity</li> </ul> </li> </ul>
	Physical Development	<ul style="list-style-type: none"> <li>• Revise and refine the fundamental movement skills they have already acquired:               <ul style="list-style-type: none"> <li>- rolling      - running</li> <li>- crawling      - hopping</li> <li>- walking      - skipping</li> <li>- jumping      - climbing</li> </ul> </li> <li>• Progress towards a more fluent style of moving, with developing control and grace.</li> <li>• Develop overall body-strength, balance, coordination and agility needed to engage successfully with future physical education sessions and other physical disciplines, including dance, gymnastics, sport and swimming.</li> <li>• Use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor.</li> <li>• Combine different movements with ease and fluency.</li> <li>• Confidently and safely use a range of large and small apparatus indoors and outdoors, alone and in a group.</li> <li>• Develop overall body strength, balance, coordination and agility.</li> </ul>

	Expressive Arts and Design		<ul style="list-style-type: none"> <li>• Explore, use and refine a variety of artistic effects to express their ideas and feelings.</li> <li>• Return to and build on their previous learning, refining ideas and developing their ability to represent them.</li> <li>• Create collaboratively, sharing ideas, resources and skills.</li> <li>• Listen attentively, move to and talk about music, expressing their feelings and responses.</li> <li>• Watch and talk about dance and performance art, expressing their feelings and responses.</li> <li>• Explore and engage in music making and dance, performing solo or in groups.</li> </ul>
ELG	Personal, Social and Emotional Development	Managing Self	<ul style="list-style-type: none"> <li>• Be confident to try new activities and show independence, resilience and perseverance in the face of a challenge.</li> <li>• Explain the reasons for rules, know right from wrong and try to behave accordingly.</li> <li>• Manage their own basic hygiene and personal needs, including dressing.</li> </ul>
		Building Relationships	<ul style="list-style-type: none"> <li>• Work and play cooperatively and take turns with others.</li> </ul>

# EYFS Continued...

ELG Continued	Physical Development	Gross Motor Skills	<ul style="list-style-type: none"> <li>• Negotiate space and obstacles safely, with consideration for themselves and others.</li> <li>• Demonstrate strength, balance and coordination when playing.</li> <li>• Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</li> </ul>
	Expressive Arts and Design	Being Imaginative and Expressive	<ul style="list-style-type: none"> <li>• Perform songs, rhymes, poems and stories with others, and (when appropriate) try to move in time with music.</li> </ul>

# KS1 National Curriculum

## Key stage 1

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Pupils should be taught to:

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- participate in team games, developing simple tactics for attacking and defending
- perform dances using simple movement patterns.



# KS2 National Curriculum

## Key stage 2

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Pupils should be taught to:

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- perform dances using a range of movement patterns
- take part in outdoor and adventurous activity challenges both individually and within a team
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.



## Henilblany Whole School Physical Education Long Term Plan

- ▶ This is our Whole School P.E. Long Term Plan.
- ▶ We aim to follow this plan however we often have opportunities for outside agencies (e.g. Worcestershire Cricket) to come in and support staff and we utilise these opportunities. Therefore, this plan is subject to change.

	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn 1	Me & Myself	Football	Hockey	Football	Hockey	Football	Hockey
		Handball	Tag-Rugby	Handball	Tag-Rugby	Handball	Tag-Rugby
Autumn 2	Movement & Development	Dance	Gymnastics	Dance	Gymnastics	Dance	Gymnastics
		Tri-Golf	Dodgeball	Tri-Golf	Dodgeball	Tri-Golf	Dodgeball
Spring 1	Throwing & Catching	Volleyball	Volleyball	Volleyball	Swimming	Volleyball	Volleyball
		Gymnastics	Dance	Gymnastics	Volleyball	Gymnastics	Dance
Spring 2	Ball Skills	Basketball	Orienteering	Basketball	Orienteering	Swimming	Orienteering
		Orienteering	Netball	Orienteering	Netball	Orienteering	Netball
Summer 1	Fun & Games	Tennis	Fitness	Tennis	Rounders	Tennis	Rounders
		Cricket	Tennis	Cricket	Tennis	Cricket	Tennis
Summer 2	Working with others	Athletics	Athletics	Athletics	Athletics	Athletics	Athletics
		Rounders	Cricket	Rounders	Cricket	Rounders	Cricket

# After School Activities

- ▶ We aim to provide children with a rang of extra curricular activities. Our clubs are inclusive and gender neutral.
- ▶ To sign your child up to an after school activity please email the school office.

<b>After School Activities – Autumn Term 2 (Version 2)</b> Please see below the After-School Activities that are taking place throughout the second half of the Autumn Term for Years 1 to 6. <b>Monday 31st October 2022 – Thursday 15th December 2022</b> <b>NO CLUB ON FRIDAY 16TH DECEMBER 2022.</b> Please note that unless stated, all activities are gender neutral. <b>ALL CHILDREN WILL BE COLLECTED BY PARENTS/CARERS ON PLAYGROUND 3 FROM A MEMBER OF STAFF.</b>				
Monday	Tuesday	Wednesday	Thursday	Friday
<b>Running Club</b> with Miss Harris <b>Years</b> <b>3, 4, 5, 6</b> <b>3.15 – 4.15pm</b> 16 spaces available Outdoor PE clothes	<b>Football</b> with Kidderminster Harriers <b>Years</b> <b>4, 5 and 6</b> <b>3.15 – 4.15pm</b> 16 spaces available Outdoor PE clothes, old trainers, football boots and shin pads.	<b>Football</b> with Kidderminster Harriers <b>Years</b> <b>1, 2 and 3</b> <b>3.15 – 4.15pm</b> 16 spaces available Outdoor PE clothes, old trainers, football boots and shin pads.	<b>Tag Rugby</b> with AJB Sports <b>Years</b> <b>4, 5 and 6</b> <b>3.15 – 4.15pm</b> 16 spaces available Outdoor PE clothes, old trainers or football boots.	<b>Gymnastics</b> with Miss Harris <b>Years</b> <b>4, 5 and 6</b> <b>3.15 – 4.15pm</b> 16 spaces available Indoor PE clothes
<b>Cricket Club</b> with Worcestershire Cricket <b>Years</b> <b>1, 2, 3</b> <b>3.15 – 4.15pm</b> 16 spaces available Indoor PE clothes				

**All after school clubs are £3 per week.**

**For this half term, a 7-week block of clubs is £21 payable on Parent Pay once you have signed your child up.**

**\*Gymnastics will be £18 for this half term due to no clubs running on Friday 16th December.**