

PE



Intent: We aim to...

At Temple Hill, we aim to deliver a high-quality curriculum that inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities.

Our PE curriculum aims to provide opportunities for pupils to become physically confident in a way which supports their health and fitness. As well as provide opportunities to compete in sport and other activities to build character and to help embed values such as respect and equality.

Providing a physical education curriculum which 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



Implementation: We achieve our aims by...

Expert led PE sessions

Across all Key Stages, PE lessons are taught weekly by expert sports coaches from JMF All Stars. In EYFS, children are taught the following areas of PE: Manipulation & Co-ordination, Speed Agility Travel, Co-operate & Solve Problems. In Key Stage 1, children are taught to master basic movements including running, jumping, throwing, catching, as well as developing balance agility and co-ordination through a range of different activities. Children also participate in team games developing simple tactics for attacking and defending. In Key Stage 2, children continue to develop skills, principles and tactics learnt through the following sports:

- Athletics
- Cricket
- Netball
- Football
- Rounders
- Hockey

Teacher led PE

Throughout the year, pupils 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 develop flexibility and control and can evaluate their performance. These skills are taught during teachers lead PE in the following areas:

- Dance (YR-6)
- Gymnastics (YR-6)
- Body Management (YR)
- OAA (Y1-6)
- Run, Jump, Throw (Y1&2)
- Handball (Y3-6)

Swimming

At Temple Hill, pupils in lower Key Stage 2, have weekly swimming sessions at the local pool; Y4 x 3 terms, Y3 x 2 terms, Y6 swim weekly for one term.

In the sessions, children are taught to swim competently, confidently and proficiently over a distance of at least 25 metres, to use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] and to perform safe self-rescue in different water-based situations.

Competitions

Children at Temple Hill are provided with internal and external competition opportunities. These include:

- Trust events e.g. Golden Gala, Golden Games, Inclusion Games.
- DDFA tournaments
- Netball tournaments
- Sports Day
- Inter-house competitions

We aim to provide these external and competitive opportunities to all pupils.

Health and fitness

We encourage our children to lead healthy active lifestyles in the following ways:

- Through implementation of the OPAL programme across the school, which encourages children's playtimes to be engaging and active.
- Providing opportunities to attend internally and externally ran sports clubs, inspiring children to try different sports or join a sports club.
- Invite outside providers to hold engagement sessions with our students in order to encourage children to lead healthy, active lives
- Cross Curricular links with our PSHE curriculum topic, exercise and healthy eating.