



Physical Education at Hyde Park Junior School



Intent

At Hyde Park Junior School, we understand the valuable contribution that being physically active can make to our physical and mental wellbeing. Through our PE provision, we aim to encourage an active, healthy lifestyle for all our pupils. Aligned with the National Curriculum, we have developed a broad and balanced curriculum to inspire all children and foster their interest and participation in extra-curricular sport. The aim of our curriculum is to build upon the knowledge and skills developed in lessons. Our lessons are based upon a scheme of work, Complete PE, but teachers use their knowledge of the children to adapt lessons where necessary. We understand that, for some pupils, PE can be an opportunity to excel and succeed outside of academic pursuits; we aim to provide physical and cognitive challenge for all pupils inclusive of their ability. For some pupils the focus will be on participation and involvement as they develop their physical confidence.



Implementation

PE is monitored regularly through lesson visits, planning scrutiny and conversations with pupils. We provide all students with two hours of timetabled Physical Education per week. This is a combination of:

- two taught sessions with the Class Teacher;
 - daily bursts of short activity, for example a short work-out, a short PE activity outside or a guided dance video
- Each week, children will have one indoor session, such as gymnastics and dance, and one outdoor session, for example invasion games or striking and fielding. As a school, we take part in a variety of sporting competitions with other Plymouth primary schools. Additionally, inter-class and inter-year group competitions are encouraged throughout the school year. Every year, we hold our Sports Day with Hyde Park Infant School where children take part as Alliances: Lynher, Meavy, Plym and Tamar. The day consists of competitive athletic events (such as long jump) and non-competitive events (such as team challenges), so that all pupils are involved and able to participate.



Impact

Our curriculum seeks to, over the year, develop the key skills of flexibility, strength, technique, control and balance as well as improving children's physical fitness and stamina. Our lessons provide opportunities for pupils to develop their strategic thinking, for example how to outwit an opponent. Teachers conduct on-going formative assessment during lessons and adjust their planning accordingly.

Quality teaching provides engaging and enjoyable opportunities for children to participate in a range of sports as well as take responsibility for their own health and fitness. We foster a love of being active and encourage children to take part in competitive sport. Our children will grow to lead happy, healthy lifestyles using what they have learned with us during their time at Hyde Park Junior School.



Progress

Our curriculum map allows for children to revisit key skills (for example, throwing and catching) throughout their primary schooling. Over time, our pupils will develop these skills and become more confident and be able to apply them with increasing independence. For example, pupils will improve not only the accuracy of their throwing skills but also the range of passes they can make (for example, over-head, underhand etc.) and select the most appropriate pass in a given situation.



Cross Curricular Links

Maths – Statistics e.g. keeping a record of a timed distance run and time e.g. use of a stopwatch to improve their personal
 Science – Circulatory system and the effect of exercise on heart rate
 PSHRE – Physical and mental well-being and how being active can improve our mood



Local Link

Plymouth Argyle Football
 Plymouth Albion Rugby
 Plymouth Raiders Basketball
 Plymouth Leander Swimming Club
 Devonport Royal Swimming Association
 Plymouth Youth Sailing

