



*'Let your light shine' Matthew 5:16*

## Physical Education Curriculum Purpose and Rationale



'At Hawkesley, we say to our children to *'let your light shine.'* (Matthew 5:16). In order to do this, we provide a knowledge rich curriculum. The bible says, 'For wisdom is better than rubies...' Proverb 8:11. We believe that through the accumulation and application of knowledge, children are equipped to experience, *'life in all its fullness'* (John 10:10). '

*Taken from the Hawkesley Curriculum Vision Statement*



## Curriculum Purpose: Why study Physical Education?

### **Why do learners at Hawkesley Church Primary Academy need to study Physical Education?**

At Hawkesley Church Primary Academy we believe that Physical Education (PE) is an essential part of a child's education. It not only improves health, reduces stress and improves concentration, but also promotes correct physical growth and development. Exercise has a positive influence on academic achievement, emotional stability and interaction with others. Therefore, both teachers and children should be aware of its importance.

PE develops the children's knowledge, skills and understanding, so that they can perform with increasing competence and confidence in a range of physical activities. We provide a broad and balanced programme of physical education we believe every child should have; with activities designed to be enjoyable, vigorous and purposeful. Through providing positive experiences, a lifelong interest in physical activity is encouraged, as well as promoting positive attitudes towards a healthy lifestyle.

The range of physical activities is wide and includes; athletics, dance, games, gymnastics, outdoor education and swimming. A high-quality programme is designed to satisfy the needs, abilities and interests of all individual children.



**What are the aims for the Physical Education curriculum?  
(i.e. what do we want learners to be able to know and do by the time they leave Hawkesley Church Primary Academy?)**

The main purpose of the PE curriculum is to develop the knowledge and understanding, skills, capabilities and attributes necessary for mental, emotional, social and physical wellbeing now and in the future. The rationale behind this is that learning through health and wellbeing enables children to:

- Make informed decisions in order to improve their mental, emotional, social and physical wellbeing
- Experience challenge and enjoyment
- Experience positive aspects of healthy living and activity for themselves
- Apply their mental, emotional and social skills to pursue a healthy lifestyle
- Make a successful move to the next stage of education
- Establish a pattern of health and wellbeing which will be sustained into adult life, and which will help to promote the health and wellbeing of all children
- Perform at high levels in sport or prepare for careers within the health and leisure industries

**EYFS:**

In EYFS, children are expected to show good control and coordination in large and small movements, including rolling, jumping and throwing and catching a ball. They should move confidently in a range of ways, safely negotiating space. It is also important for children to have the knowledge of the importance of good health, a healthy diet and talk about ways to keep healthy and safe.



## **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.

### **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.

### **Which values underpin the curriculum content?**

Each of the school values are incorporated into the PE curriculum, but there are specific values that the children will develop further.

- **Wisdom** - Every child will develop their knowledge and understanding of Physical Education, understanding the importance of PE and how it can positively benefit their life.
- **Community** - Children will be able to take part in tournaments in the local community, along with being involved in local competitions.
- **Courage** - All children will be encouraged to take part in new sports, acquiring new knowledge and skills.
- **Friendships** - New friendships will be built, through participating in a range of sporting activities and establishing new teammates.
- **Persevere** - Children will develop the skills to persevere, by not giving up and continuing to practise to truly master skills.
- **Respect** - All children will be expected to show respect to their teammates, their teachers and any decisions that are made during games.



- Joy - Most importantly, children will be enthusiastic about PE and will enjoy developing their knowledge and skills, in order to become great sports men and women.

### **How are British Values taught from Physical Education?**

A whole school approach to PE and School Sport can successfully promote fundamental British values. In the PE curriculum at Hawakesly, children are given the opportunities to compete in sport and other activities, which build character and help to embed values such as fairness and respect.

- All children will be expected to follow The Rule of Law. Children will be taught about rules, fairness and respect so that they can understand the need for rules, adhere to them and can develop rules for activities that they create. Children will have an established ethos in PE regarding how to win and lose fairly and understand good sportsmanship.
- All children will be expected to have Mutual Respect. Children will be taught to respect PE equipment and venues during offsite visits. They will be expected to show respect towards their teammates and players from other teams. They will develop their own beliefs, values and attitudes; exploring the importance of a positive attitude to life and having a set of values. Children will know the values of the school and PE, contribute to their own development and accept rewards or sanctions.
- All children will be expected to show democracy during PE lessons. Children will be taught about the need for different roles and responsibilities, including teamwork and decision making. Children will be able to negotiate, cooperate and agree rules, by being fair and honest.

### **Which links to careers can be made within the Physical Education curriculum?**



The PE curriculum can lead to a wide range of career paths. Children will have the opportunities to take on leadership roles, practise skills and transfer skills into team games; competing against different schools. The career pathways that the children could undertake, from an effectively taught PE curriculum are:

- Professional athlete
- PE teacher
- Personal trainer
- Sports coach
- Swimming teacher
- PE lecturer

This list is not exhaustive and there are a wide range of career pathways.



## Curriculum Rationale: Why study Physical Education in this way?

### **Why has the specific knowledge been selected?**

Children are taught how to develop their skills and knowledge in a range of areas, from EYFS through to Year 6. In EYFS, children are taught the fundamentals of walking, running, rolling, jumping, throwing and catching a ball, and developing control and coordination to move their bodies confidently, in preparation for KS1. These common threads are focused on right through to Year 6 and underpin the PE curriculum at Hawkesley. Children focus on developing and mastering skills and knowledge in KS1 and this knowledge is then transferred into KS2, where it is integrated into many sports. As they build upon their knowledge, children will progress over time. Therefore, they will know and remember more.

### **Why is it taught in the order that it is?**

The fundamentals of PE are taught in the earlier stages of the curriculum to ensure that all children have the knowledge of specific skills. For children to progress, it is essential that they have the right fundamental skills that can be transferred into KS2. In lower KS2, they will begin to use their knowledge in small sided games, transferring their skills into a range of different sports. In upper KS2, their knowledge will be progressed into full sided games and competitions.

### **How are Physical Education lessons delivered at Hawkesley?**

The children at Hawkesley will be educated by their class teachers. They will teach high quality lessons that will be planned and prepared in advanced. During lessons, there will be a range of resources for children to use. There will also be access to an indoor hall and outdoor field space.





### **What is the impact?**

The impact of high-quality PE lessons means that the children of Hawkesley will be physically literate, understanding how their body moves. They will have the knowledge and understanding of a range of skills and tactics, for when they leave Hawkesley and progress onto secondary school. They will develop their self-esteem and competence to perform solo or as part of a team. Collaborating cooperatively in teams, communicating effectively with teammates and developing sportsmanship. Children will also become critical thinkers by solving problems and discussing different strategies with confidence.

### Physical Education Curriculum Aims (endpoints)

#### **What are the aims and endpoints of specific stages of the curriculum?**

In EYFS, children are expected to show good control and coordination in large and small movements, including rolling, jumping and throwing and catching a ball. They should move confidently in a range of ways, safely negotiating space. It is also important for children to have the knowledge of the importance of good health, a healthy diet and talk about ways to keep healthy and safe.

In KS1, children will continue to develop the fundamental skills and be competent in the basic movements such as, running, jumping, throwing and catching. Through a range of sports, they will develop balance, agility and coordination. They will begin to participate in small sided team games, developing simple tactics for attacking and defending. They will also be able to confidently create simple dance and gymnastic routines.

In KS2, they will be able to transfer the knowledge and skills that they have mastered in KS1 into a range



of different sports. They will start to play more competitively, discussing and using tactics and strategies and becoming competent sports competitors. They will become ready for the next stage in their education, having the knowledge and understand of a range of sports and by having the skills to confidently take part.