

## PE at Horncastle

At Horncastle Primary School, our aspiration for each of our children is based upon the need for them to enter the world understanding how to be healthy and active individuals with a strong sense of sportsmanship, motivation and teamwork. We strive to give pupils a varied introduction to the PE curriculum and promote the importance of taking care of our physical and mental health. We aim to develop children's existing skills, increase their confidence and embed the school values.

**Coach me and I will learn. Challenge me and I will grow. Believe in me and I will aim high.**



### Our Aims and Purpose

- Teamwork
- Sportsmanship
- Participation
- Resilient learners
- Active lifestyle
- Enjoyment
- Striving to achieve
- Healthy competition
- Teach fairness and respect



### How do we do it?

Teachers will act as role models in their enthusiasm for PE by engaging and modelling skills in lessons.

Give children the opportunities to participate in both individual and team sports.

Provide children with the opportunity to compete within school and against other schools.

Celebrate achievements, both winning and what we've achieved regardless of the outcome.

Lessons are fully inclusive, allowing children with additional needs to participate alongside their peers.

RSE objectives are built in to PE lessons, with a clear focus on physical health and fitness.

### The fundamentals

Follow the long-term plan to ensure a range of sports are covered throughout the year –striking and fielding, invasion games, net and wall, gymnastics, dance, athletics, swimming and outdoor and adventurous challenges

Individual and team games

Equipment to enable skills to be taught effectively

Each year revisits sports to build on prior skills learnt

Warm Ups and Cool Downs

Using the subject progression to identify objectives within each area of sport

Providing opportunities for all children to be included in sports competitions, both inter and intra-school.

By the end of the key stage, each child should know, understand and apply the skills and strategies they have learnt to game based activities.

### Planning

We use Primary Steps to PE as the base for our planning, alongside our Skills Progression document. Following the long-term plan, we ensure a consistent coverage and development of fundamental skills. Class teachers are required to follow the long-term plan and ensure they follow the Primary Steps Scheme of work. Our PE approach merges many different aspects of school life: PE lessons, clubs, competitions, lunch time provision, play times.

### Horncastle PE Strategies

- 2 dedicated sessions a week to deliver 2 contrasting PE lessons
- External PE coaches who teach high quality lessons and provide after school clubs
- Staff led clubs
- Staff mentoring from JB for professional development
- Regular audits to check the quantity and quality of equipment
- Annual health and safety check of the school's equipment
- Promoting competitiveness through Sports Day
- Competing in the School Games competitions and JB tournaments.

### How do we support our SEND learners?

Clear modelling of skills  
Support from peers through mixed ability pairings  
Children might develop skills within a smaller group, supported by an adult  
Adaptations to equipment can be made – e.g. larger balls, wider surface area bats, balls with bells, brightly coloured equipment  
Space to work in a quieter area with less distractions