

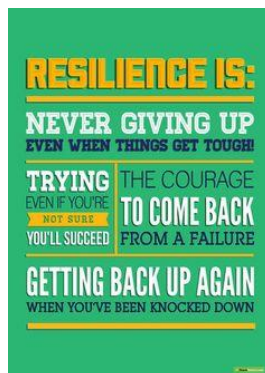
PE at Horncastle

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 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.

Horncastle PE Strategies

- 2 PE lessons a week – one 1 hour and one 45 minutes
- 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.

Planning

We primarily use our subject progression document to aid planning throughout the school. We also adopt the schemes of planning from JB Sports, where appropriate, which are adjusted as necessary to meet the needs of our children. Class teachers are required to follow the long-term plan and ensure their planning links to the subject progression. Teachers must discuss specific areas e.g. themes in dance to avoid repetition. The long-term plan is regularly revisited to ensure a wide range of sports coverage across each Key Stage/Phase. Our PE approach merges many different aspects of school life: PE lessons, clubs, competitions, lunch time provision, play times.