

## PE at Heamoor School-Subject Overview

### Intent

At Heamoor School our PE curriculum is inclusive, engaging, and designed to instil a lifelong love of physical activity and sport. The focus is on developing children's physical competence, confidence, and understanding of how to maintain a healthy lifestyle. Through the Striver Scheme, we aim to foster resilience, teamwork, and respect while nurturing a growth mindset.

### Aims

- To develop fundamental movement skills and apply them in a range of contexts.
- To promote physical fitness, coordination, and agility.
- To encourage teamwork, collaboration, and effective communication in group activities.
- To instil the values of fairness, sportsmanship, and perseverance.
- To provide opportunities for all children to enjoy success in physical activity and sport.

### Overview of Coverage/Themes

- **Key Stage 1 (Years 1-2):** Focus on mastering basic movement skills such as running, jumping, throwing, catching, balance, agility, and coordination. Activities include gymnastics, games, and dance.
- **Key Stage 2 (Years 3-6):** Development of physical skills in more complex contexts. Includes sports, fitness challenges, outdoor adventure activities, dance, and swimming (where applicable). Themes often revolve around leadership, teamwork, and competitive elements.
- **Striver Units:** Incorporate both physical and well-being-focused lessons (e.g., mindfulness and healthy eating).

### Scheme/Summary of Approach

Striver provides a structured framework for planning, delivering, and assessing PE lessons. Each unit includes detailed lesson plans, skill progression guidance, and resources that cater to a range of abilities. Striver integrates physical skill-building with social and emotional learning objectives.

### Broad Structure of Lessons

1. **Warm-Up (5-10 mins):** Dynamic activities to engage pupils and prepare their bodies for movement.
2. **Skill Development (15-20 mins):** Focus on mastering specific physical skills using drills and activities.
3. **Application (15-20 mins):** Practice learned skills in game-based or competitive contexts.
4. **Cool-Down/Reflection (5 mins):** Gentle stretching and reflection on learning, emphasizing sportsmanship and effort.

### **Time Allocation**

- **EYFS:** 2 x 30-minute session per week, focusing on play-based physical development.
- **Key Stage 1 and 2:** 1 90-minute session per week, covering skill-based lessons and larger games or activities.
- **Whole School-K-a-day** to take place after lunch break (total time allocation of 60 minutes)

### **Non-Negotiable Aspects**

- All children participate unless medically exempt.
- PE kits must be worn to ensure safe participation.
- Lessons are inclusive, with differentiation for all abilities.
- Safety guidelines are adhered to at all times (e.g., for apparatus use).

### **Planning Guidance**

Teachers use the Striver Scheme to ensure consistency and progression across year groups. Lesson plans are adapted to match the cohort's needs while maintaining alignment with the National Curriculum. Collaborative planning sessions help align PE with whole-school themes and events (e.g., Sports Day). Teachers are to liaise with all members of staff that are involved in the delivery of PE lessons for their class.

### **Assessment**

- Formative assessment occurs in each lesson through observation and feedback.
- Summative assessment is conducted at the end of each unit, with skills checklists used to measure progress.
- Pupils self-assess and reflect on their learning, fostering accountability and goal-setting.
- Self and peer assessment is to be carried out via the use of I-pads (KS1 and KS 2 have allocation of 15 per group)

### **Learning Environment/Display Requirements**

- PE lessons are conducted in the school hall, playground, or field depending on the activity (all staff to have read and understood current Risk Assessments).
- Display boards showcase key vocabulary, success criteria, and examples of student achievements (e.g., certificates, photos).
- Equipment is organized and easily accessible to promote independence and smooth transitions during lessons.

**This overview ensures that PE Heamoor School is consistent, engaging, and meets the needs of all learners. By following the Striver Scheme, teachers are equipped to deliver high-quality PE lessons that support both physical and personal development.**