



# Physical Education Rationale



The intention behind our physical education rationale is to provide the children the best opportunities to learn through a range of different sports and to raise the profile of PE & School Sports across the school. It provides the children opportunities to develop their knowledge, skills and understanding on why physical activity is important to live a healthy life. With having a broad curriculum and having creative lesson plans, it ensures the best opportunities for the children to actively learn through Physical Education and to feel happier within themselves. The Skills for Life recipe values are embedded through PE and School Sport which is facilitating the development of the children's life skills.

From the Early Years Foundation and Key Stage One, we provide the opportunities for the children to develop their fundamental movements skills, agility, balance, co-ordination, throwing, catching, running and jumping. Once these skills have been taught each term, the children then engage in competitive situations where they must develop tactics for attacking and defending within a range of sports. Within Key Stage Two the children continue to broaden their range of skills and learn to use them in different ways to link them together to create an action or sequence. Through a range of different sports children are taught to: use running, jumping, throwing and catching in isolation and in combination, play competitive games [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], 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 which challenges both individually and within a team and compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Swimming lessons are implemented every year for EYFS to year 6. Children are taught the skills to swim competently, confidently and proficiently over a distance of at least 25 metres, use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] and perform safe self-rescue in different water-based situations.

Hilltop Primary Academy work hard to ensure all the children have memorable experiences within PE & School Sport which includes engaging lessons, lunchtimes, afterschool clubs, sports crew, trips and competitions. Hilltop competes in a variety of competitions throughout the year which shows the children have a good level of knowledge and understanding of the sport and have the ability to compete confidently against other schools. The children at Hilltop love learning through PE and School Sport and it is at the core of everything we do.