



## PE at Hyde Park Infant School



### Intent

At Hyde Park Infant School, we understand the valuable contribution that being physically active can make to our physical and mental wellbeing. Through our PE provision, we aim to encourage an active, healthy lifestyle for all our pupils. Aligned with the National Curriculum, we have developed a broad and balanced curriculum to inspire all children and foster their interest and participation in extra-curricular sport. The aim of our curriculum is to develop the children's knowledge and skills in preparation for their further academic journey in Hyde Park Junior School. Our lessons are based upon a scheme of work, Complete PE, but teachers use their knowledge of the children to adapt lessons where necessary. We understand that, for some pupils, PE can be an opportunity to excel and succeed outside of academic pursuits; we aim to provide physical and cognitive challenge for all pupils regardless of their ability.



### Implementation

PE is monitored regularly through lesson visits, planning scrutiny and conversations with pupils. We provide all students with two hours of timetabled Physical Education per week. This is a combination of:

- two taught sessions with the Class Teacher;
  - daily bursts of short activity, for example a short work-out, a short PE activity outside or a guided dance video.
- Each week, children will have a range of indoor and outdoor sessions. Inter-class and inter-year group competitions are encouraged throughout the school year. Every year, we hold our Sports Day with Hyde Park Junior School, where children take part as house teams: Lyhner, Meavy, Plym and Tamar. The day consists of competitive athletic events (such as hurdles) and non-competitive events (such as team challenges), so that all students are involved and able to participate.



### Impact

Our curriculum seeks to, over the year, develop the key skills of flexibility, strength, technique, control and balance as well as improving children's physical fitness and stamina. Our lessons provide opportunities for pupils to develop their strategic thinking, for example how to outwit an opponent. There is no formal assessment of PE at the Hyde Park Infant School: teachers, as with any lesson, conduct on-going formative assessment and adjust their planning accordingly. Our quality teaching provides engaging and enjoyable opportunities for children to participate in a range of sports as well as begin to take responsibility for their own health and fitness. We foster a love of being active and encourage children to take part in competitive sport. Our children will grow to lead happy, healthy lifestyles using what they have learned with us during their time at the Hyde Park Infant School.



### Progress

Our curriculum map allows for children to revisit key skills (for example, throwing and catching) throughout their primary schooling. Over time, our pupils will develop these skills and be able to apply them with increasing independence. For example, students will improve not only the accuracy of their throwing skills but also the range of passes they can make (for example, over-head, underhand etc.) and select the most appropriate pass in a given situation.



### Cross Curricular Links

Maths – Time e.g. recording star jumps etc in a minute.  
 Science – exercise and the effect it has on our bodies, heart rate, healthy living  
 PSHRE – Physical and mental well-being and how being active can improve our mood.



### Local Link

Plymouth Argyle Football  
 Plymouth Albion Rugby  
 Plymouth Raiders Basketball  
 Plymouth Youth Sailing