

PE at Castle Hill

At Castle Hill, our programme of study for PE includes Games, Dance and Gymnastics for all year groups. In KS2 we also cover Athletics and Outdoor and Adventurous units. These units are sometimes able to be matched to our Creative Curriculum in order to enhance the children's learning (for example – in dance). We also use the current sport in focus to demonstrate and inspire the children (for example – the Olympics, Wimbledon).



The basic NC requirement for swimming is that children can swim 25 metres un-aided, so any child in Y4 upwards who cannot meet this requirement, will attend weekly swimming lessons at Millbrook Academy.

The objectives of P.E. are :

- ✓ To enable children to develop and explore physical skills with increasing control and coordination.
- ✓ To encourage children to work and play with others in a range of group situations.
- ✓ To develop the ways children perform skills and apply rules and conventions for different activities.
- ✓ To show children how to improve the quality and control of their performance.
- ✓ To teach children to recognise and describe how their bodies feel during exercise.
- ✓ To develop the children's enjoyment of physical activity through creativity and imagination.
- ✓ To develop an understanding in children of how to succeed in a range of physical activities and how to evaluate their own success.

We will achieve this by:

- Setting common tasks that are open ended and can have a variety of results eg.-timed events.
- Grouping children by ability and setting different tasks for each group eg different games.
- Using the QCA and LCP national schemes of work as a basis for our planning.
- Encouraging children to bring a PE kit in school every day to ensure we are ready to benefit from visiting sports specialists and coaches who are able to enhance our curriculum. Teachers are also flexible and work with the weather. A hockey unit for example, is much better taught using the space outdoors. If all children have their PE kit in school, the teacher can move their class timetable around to suit the weather.
- Giving purpose to PE lessons and allowing our gifted and talented sports children a chance to shine. We do this by attending competitions and festivals throughout the school year. We hold our own competitive sports day every year for all pupils to enjoy and participate in. KS1 also get the opportunity to attend multi-skills festivals at Christmas and in the Summer. KS1 and 2 have attended the Prince of Wales Stadium to take part in athletic competitions. KS2 have been to Hartpury and Kingsholm for tag rugby, Hatherley and Redding Cricket club for cricket festivals, Oxstalls for tennis tournaments and Millbrook Academy for swimming galas.
- By offering a range of afterschool sports and activity clubs for children to attend at a reasonable cost, run by outside specialists who are qualified in their sport.