



Rednal Hill Infant School Approach to PE

Intent

At Rednal Hill Infant School we believe that Physical Education is vital to the children's health and wellbeing, teaching them the importance of living active lives. We want children to develop healthy habits of keeping active, while developing their resilience to develop a new skill. We adopt the PE Hub curriculum as it offers the steps to develop skills in a broad range of activities, allowing children to discover the strengths that they have in PE across a broad range of physical disciplines. Our curriculum ensures that children enjoy PE, whilst being challenged and feeling a sense of achievement in their lessons.

Implementation

- **Curriculum Design:** PE is taught through units of work that build on previously taught skills. It focuses on the fundamental movement skills such as; running, jumping, hopping, skipping, balancing, throwing, catching, kicking, and striking. Our lessons are carefully sequenced so that children can rehearse and then develop in these skills within their lessons. Within these units' children have access to a broad range of opportunities to extend their agility, balance and coordination, individually and with others in a team.
- **In the EYFS:** Children have access to 1 hour of PE each week. The lessons focus on developing fundamental gross motor skills through play, exploration, and structured activity. Fine motor development is focused on through continuous provision in the classroom.
- **In KS1:** Pupils engage in a variety of sports and activities. Once a skill has been practiced within the lesson, children will have the opportunity to win points in a competitive game. In lessons this focuses on developing movement skills, building confidence and improving agility, balance, and coordination. Children master basic movements (running, jumping, throwing, catching) and perform simple

dances. Children have PE lessons every week with their class teacher and an additional lesson from the sports coach two out of three weeks on a rota.

- **Approach:** Units of work are built through a sequence of lessons, moving from learning the basic skills, having a go and then applying them in a team game.
- Children also have daily access to the school's 'track' which they use as movement break through lessons. The primary intent is to keep children active through the day and over time to build stamina and speed.

Assessment

- Assessment for Learning is used to analyse which children need to be challenged and who may benefit from being supported. Feedback approaches are crucial to help children to identify their strengths, to motivate and to correct technique.
- Evidence of knowledge and understanding is captured in the moment. Questioning is used to assess children's understanding.

Impact

- Children demonstrate an understanding of PE and the skills that have been taught in different units.
- Children enjoy showing what they have learned and modelling to the rest of the class the techniques required for a particular activity.
- Children can talk about the skills that they have learned using the key vocabulary from the lessons.

Inclusion

- Physical education is inclusive at Rednal Hill Infant School. All pupils have access to a PE per week, where we support active participation. Scaffolds are in place for children with physical, sensory or learning differences, such as attending the lesson with the support of a TA. If a child is finding a particular skill tricky it is broken down further into more achievable steps. This could be using a softer ball before moving onto a tennis ball or practicing the skill more with their hand before moving onto a tennis racket.
- Adaptation is provided by using varied equipment and time to develop proficiency of a skill. This allows students with different physical capabilities, coordination levels, or sensory impairments to engage with the curriculum successfully.
- All achievement and progress is celebrated based on a child's starting point.