

## Hopping Hill Curriculum



### Physical education



Hopping Hill believes that high quality physical education helps to embed our school values of collaboration, fairness, challenge and respect. We aim to deliver a positive and inclusive PE curriculum that develops children's skills in sport and promotes the health and wellbeing of all our pupils. We will provide opportunities for children to compete in a variety of different sports, including competitive events and other physical activities. In addition, through PE we will strive to promote gender equality and encourage all children to participate. We will also deliver lessons, which allows children opportunities to take part in vigorous activities that get the heart rate racing and to experience the feeling of being out of breath.

PE will be taught for at least 2 hours per week. The first hour is taught by a qualified Sports Coach and the second hour will be by the class teacher. Reception and KS1 children will follow the FUNS and Real PE scheme of work, alongside activities that cover the progression of skills for their year group. KS2 will embrace the Personal and Social skills of Real PE and then follow the progression of skills for their year group.

Children will also take part in non-competitive and competitive events across the year that cover a wide range of different sports.

Alongside the PE curriculum and schemes of work, class teachers will allow children to take part in weekly high intensity interval training (HIIT) type exercise and to run (or walk) a mile as often as possible. Class Teachers are also encouraged to increase the children's' level of activity by providing opportunities to take part in active lessons throughout the week. The teachers all have access to websites that can support these opportunities e.g. Go Noodle, Times tables sprint, BBC Easy Movers, and Joe Wicks Youtube HIITs for schools.

Resources are found in the PE shed and the pupils have access to a large grass field, 2 playgrounds, hall and studio to carry out their lessons.