



Our Intent:

The Cliff Federation, recognises and values the importance of Physical Education (P.E). PE at Hemswell Cliff Primary School aims to develop a fun, high-quality and enriched physical education curriculum that inspires all pupils to succeed and excel in sports and other physically-demanding activities. We do this through fully adhering to the aims of the national curriculum for physical education to ensure that all children:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives

It is our intention to build a curriculum that enables children to develop knowledge, skills and vocabulary in a broad range of sporting activities, as well as developing values and transferrable life skills such as tolerance, fairness and respect. Through enrichment activities and whole school events we aim to raise the profile of PE and expose our children to sports they may never have had the opportunity to engage with. Our PE syllabus is based on an enhanced model of the Early Years Framework and the National Curriculum with a clear progression structure from reception to year 6. This progression of skills and knowledge has been planned in order to build on the skills needed to meet the end of Key stage objectives in the National Curriculum. Additionally, an imperative element of the curriculum at Hemswell Cliff shows a need for healthy life styles, a balanced diet, positive growth mind-set and the resilience to persevere, that is heavily linked to other subjects, such as PSHE. We are passionate about the need to teach children how to cooperate and collaborate with others, as part of a team, understanding fairness and equity of play to embed life-long values.

How we implement this:

The PE curriculum is taught through the use of Primary PE Planning, which is in line with the National Curriculum, is used to aid teaching staff in their subject knowledge and planning of PE. Teachers are able to adjust and change lessons to suit the needs of their classes but the scheme provides a strong basis of what is expected in each year group. Each class has access to 2 hours of high-quality physical activity every week, made up of an enrichment session and quality teaching of PE. These are either taught by the class teacher or by professional coaches who have received training and support. Hemswell Cliff Primary School also use organisations such as Lincoln City Football Club SET and JB Sports to support and help run PE sessions. Through the use of coaches fun, new sessions are run that offer staff the chance to upskill their own practice.

Each lesson children are given the opportunity to practise skills in a variety of ways and each lesson builds upon the previous skills, allowing them time to embed it. Different skills and knowledge are recapped throughout and across the years, each time they are being built upon; allowing children to know more and remember more. Year 3 through to 6 receive weekly swimming lessons with the aim that by the end of Year 6 all children are able to swim a minimum of 25m unassisted. These lessons run throughout a whole term each year.

We offer a wide range of sporting after school clubs run by both teaching staff and outside agencies JB Sports and Lincoln City Football Club. These clubs are paid for by school and they provide children with access to a wide range of sporting activities. These activities are chosen by pupils through class votes and pupil voice to ensure the clubs are successful and popular. Our clubs change once a term to ensure that the skills learnt are embedded and allow also cater to a range of abilities and preferences. Clubs run most days after school. A range of inter and intra events run throughout the school year, giving children opportunities to take part in competitive sports.

The impact:

Our curriculum aims to improve the physical, mental and emotional wellbeing and fitness of all children at Hemswell Cliff not only through the sporting skills taught, but through the underpinning values and disciplines PE promotes. Through strong links with PHSE we promote the overall well-being and health of each child through teaching about self-discipline and that to be successful you need to take ownership and responsibility of their own health and fitness. In all class's children have a wide range of physical ability. Whilst recognising this fact, we provide suitable learning opportunities for all children by matching the challenge of the task to the ability of the child. Children at Hemswell Cliff make good progress in PE and are eager to attend after school clubs and competitive sports events.