

How can you support your child?

You can support your child by encouraging their 30 minutes activity at home wherever possible. Exposure to sport and activity is key and encouraging the skills needed to be physically literate will stand them in good stead for their Physical Education Learning. For further information see our 'How to support your child's Fundamental Movement Skills.' leaflet.

Extra-Curricular PE

There are opportunities for children to take part in sports competitions against local schools, as well as a number of sporting extra-curricular clubs run voluntarily by school staff. Sporting awards achieved by children outside of school are celebrated in assembly.

Research Base:

Routledge Physical Education Reader: Bailey and Kirk, 2009

HIAS School Improvement (Hampshire)

Association for PE (afpe)

Quality PE

The impact of physical development and sport on education outcomes: Stead and Neville, 2010

Raising your game (Using the sport specialism to raise attainment in English, Mathematics and Science): NCETM/ Youth Sport Trust

The link between pupil health and well-being and attainment: Public Health England, 2014

School Sport and Activity Action Plan: Department for Education, 2019

The Physical Education National Curriculum, 2014

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/239040/PRIMARY_national_curriculum_-_Physical_education.pdf

Teaching and Learning in Physical Education



Hamble Primary School

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Information for Parents

By working together we help our children to succeed.

At Hamble Primary School we are committed to creating confident, healthy and self-aware individuals that are well-equipped to become competent and conscious members of the community. We work hard to ensure that children know how to keep themselves safe and healthy and Physical Development and Education play a large part in this.

Research has proven that the health benefits of regular Physical Activity are well established and that participation in such activities is associated with a longer and better life, having many psychological and emotional benefits. It is also suggested that if children are taught health-related behaviours in childhood, these are carried into and continued within adulthood.

The PE curriculum at Hamble contains Gymnastics, Dance and Games, with children taking part in lessons that involve general skills as well as lessons which focus on a particular sport. Units always end with either a performance (Gymnastics and Dance) or a competitive game (Games) in which to showcase the skills they have acquired.

Cross-Curricular Approach

As well as 2 timetabled hours of PE per week, Physical Education is taught at many other opportunities. Most particularly PDL and Science in which children are taught about making healthy choices and keeping their body healthy. Class Teachers are also encouraged to make their lessons active where possible and other opportunities, such as assemblies are taken to promote physical and mental health. Additionally, our Outdoor Learning sessions play a big part in teaching the children Outdoor and Adventurous Activities.

The Physical Education Learning Journey at Our School

- 1. Skill: Children will be taught a skill linked to the sport that they are learning.**
- 2. Practice: Children will be given opportunities to practice the skills that they have been taught. This could be through paired activities or small games.**
- 3. Apply: At the end of each unit the children will play a small game of the sport that they are learning. This will allow them to apply all of the skills that they have learnt throughout the unit.**

Physical Activity and School Sport

Based on the School Sport and Activity Action Plan (2019), every school must encourage children to take part in 60 minutes of exercise per day, 30 minutes at school and 30 minutes at home. At Hamble Primary School we provide many opportunities to be active. During break-times and lunch-times the children are provided with equipment, access to our 'Healthy Choices Track' and staff encourage them to make the most of this time. This is also a great time for staff to foster the skills that Sport brings, such as respect, tolerance and teamwork.