



Physical Education

At Hurst Knoll St James', we follow the objectives set out in the National Curriculum 2014 for PE and in doing so, aim to provide the children with:

- developing competence to excel in a broad range of physical activities
- being physically active for sustained periods of time
- being engaged in competitive sports and activities
- the basis for leading healthy, active lives

Each class is taught a variety of gymnastics, dance and games lessons throughout the school year. Pupils are encouraged to explore and encounter a wide range of challenging and creative activities in dance, gymnastics, games, outdoor and adventure.

All children participate in two PE lessons each week, as well as physical activities at lunchtime and numerous after school clubs on offer. Sporting competitions, inter and intra ones are available to encourage and enable children to develop their physical development further.

At Hurst Knoll St James', we have a specialist PE teacher working with staff and children each Thursday, sharing her expertise and modelling effective lessons, enabling teachers to use these strategies and ideas in their own PE lessons.

Embedded into each and every PE lesson is the 'Head, Hands and Heart' approach to learning and developing in PE.

Learning With The Head

This deals mainly with factual learning, how the pupil thinks, what they know, and what they remember. It is essential for pupils to have a general understanding and knowledge of the important facts, rules, strategies and safety in the games we do in PE.

Learning With The Heart

This domain deals with how the pupils think and feel about themselves, how they get along with their peers, and how they communicate. It deals with persistence, grit, and resilience. It also includes to what extent they are helpful with their peers and how they handle frustration, disappointment, and anger.

Learning With The Hands

This area deals mainly with the 'doing' part, the essential skills needed to participate in the games and activities done in PE. Although it is referred to as learning with the hands, we emphasise with pupils that the eyes, body and feet are also involved here.

These three areas combined together, give an overall judgement of where children are in relation to expectations. Children are actively encouraged to discuss these three areas and relevant vocabulary is modelled by teachers.