

PE at Haworth

At Haworth, we believe that physical education, experienced in a safe and supportive environment, is vital and unique in its contribution to our pupil's physical, emotional development and health. We understand that all the skills children learn in PE impact positively on the child as a whole, inside and outside the classroom. Our PE curriculum ensures that children are active for a sustained period, understand healthy living and have the opportunity to develop life-long PE skills and a love of sport. We provide challenging and enjoyable learning, building on the skills taught in the Physical Development Programme from the EYFS framework. In KS1 and KS2, we use the Beyond the Physical mastery of PE curriculum units to develop these skills further so that they can then apply these to sporting games.

We teach to the higher year group in our mixed year groups, making sure the skills from both year groups are covered and all children are stretched to their potential. The long-term plan sets out the PE units, which are to be taught throughout the year and ensures that the requirements of the National Curriculum are fully met. Within PE, we want Haworth children to be able to communicate, collaborate and evaluate their successes or losses, so they understand how to improve. Winning and losing are important life lessons to learn and are the building blocks for understanding and developing good sportsmanship; these crucial elements of PE are embedded in the curriculum and are seen throughout any competitions. In PE, we inspire values and life skills, such as: team work, cooperation, communication, problem solving, respect, leadership skills, fairness and resilience.

We recognise the importance of making links with clubs in the community. By doing this, we give children a wide choice of sports to take an interest in and provide the chance to grow a passion and life-long love of a sport. Therefore, we offer yoga, karate and ball game/sports provided by external sporting professionals. These providers are then future contacts for families. We invite children to local venues for competitions, which increases their experience of visiting areas in the Haworth, Keighley and Bradford localities. We also make links with secondary schools to offer PE activities with their PE teachers to help our children with this important transition in their life.

In addition to our PE curriculum, we also celebrate PE in different events across the school calendar. We celebrate Easter with a fun Bunny Run around our all-weather pitch and we have a whole school Sports Day where we come together as a school and enjoy fun races with our Haworth families spectating. At the end of the year, we run an annual colour run on the last day of term to raise money for Manorlands and to say farewell to our Year 6 children. Each week a Sport's Star is chosen from each key stage to celebrate improvements or talent in the various sports we offer. Photos are posted on Facebook to celebrate individual or team sporting achievements within or outside school with our Haworth families. We often have visitors (parents, people in the community) into school to share their sport related experiences and achievements and to inspire our children to aim high and to pursue a passion.

EYFS

At Haworth, we recognise that physical activity is vital in children's all-round development, enabling them to pursue happy, healthy and active lives. Gross and fine motor experiences develop incrementally throughout early childhood, starting with sensory explorations and the development of a child's strength, coordination and positional awareness. We use Dough Disco activities across the EYFS to develop gross and fine motor movements. By creating games and providing opportunities for play both indoors and outdoors, adults can support children to develop their core strength, stability, balance, spatial awareness, coordination and agility. Gross motor skills provide the foundation for developing healthy bodies and social and emotional well-being. At Haworth, our outdoor area is planned to include high-quality, continuous provision to develop these skills. Children are taught how to dress for the outdoors (wellies and wetsuits) so they are able to immerse themselves in play outside e.g. carrying buckets of water, digging in the mud etc. Both Nursery and Reception visit our hall or studio room every week for planned physical activities such as races, gymnastics, running games, obstacle courses, yoga and parachute games. Long term planning ensures children enjoy a breadth of different experiences to support their physical development. Fine motor control and precision helps with hand-eye coordination which is later linked to all ball games in PE.

We are very lucky to have extensive grounds which means multiple groups can be doing PE at the same time and can benefit from a range of areas to do PE, including a concrete playground, mini basketball court, trim-trail, large basketball court with mini football pitches and goals, small woodland and an all-weather pitch. Because Haworth is at the heart of a cross-country running landscape, we encourage running and cross country races with a weekly club and regular attend the local races, that are part of the Keighley and Craven Schools cross country league. In the future, we plan to make connections with the local tennis club, which is next to our site, and the local bowling club, who would like to come into school to offer this sport to our pupils. Our site is used regularly in the community as a centre for local events such as the Haworth Hobble and the Yorkshireman.

SEN

At Haworth, we want all children to develop a love of PE. Throughout school, PE lessons/teaching are expertly adapted to ensure that learning is accessible to all children at Haworth Primary. This includes using technology, diagrams, images and additional/alternative equipment as required. Our staff have very strong, positive relationships with our children, knowing them on an individual basis, and are therefore able to design and implement bespoke adaptations when required.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	In Nursery children are learning to: <ul style="list-style-type: none">· Continue to develop their movement, balancing, riding and ball skills· Skip, hop, stand on one leg and hold a pose for a game like musical statues· Use large muscle movements to wave flags and streamers, paint and make marks· Match their developing physical skills to tasks and activities in the setting					

	Using the outdoor provision	Yoga	aces and running games	balancing and obstacle courses	parachute games	ball skills
Reception	In Reception children are learning to: <ul style="list-style-type: none"> - Explore and engage in music making and dance, performing solo or in groups - Revise and refine the fundamental movement skills they have already acquired (rolling, crawling, walking, jumping, running, hopping, skipping, climbing) - Progress towards a more fluent style of moving with developing control and grace - Develop the overall body strength, coordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming. - Combine different movements with ease and fluency - Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group. - Further develop and refine a range of ball skills (throwing, catching, kicking, passing, batting and aiming) - Know and talk about the different factors that support their overall health and wellbeing 					
Year 1	Look, run, avoid	Fair, share, dare	Throw, prepare, catch	Inspire, create, perform	React, roll, retrieve	Run, jump, throw
Year 2	Hands, feet, equipment	Duel, win, lose	Target, control, combine	Jump, shape, create	Send, receive, return	Run, jump, throw
Year 3/4 A	Look, run, avoid	Fair, share, dare	Strike, react, rally	Inspire, create, perform	Throw, prepare, catch	Run, jump, throw
Year 3/4 B	Fair, share, dare	Symmetry, balance, travel	Hands, feet, equipment	Pass, position, patience	Accuracy, power, distance	Run, jump, throw
Year 5/6 A	Block, guard, support	Fair, share, dare	Tchoukball	Watch, move, connect	Serve, set, slam	Speed, distance, strength
Year 5/6 B	Lend, move, score	Symmetry, balance, travel	Evade, invade, capture	Explore, solve, challenge	Cricket	Aim, strike, retrieve