

P.E at Hopton Primary School



Our curriculum, aims to improve the wellbeing and fitness of all children at Hopton Primary School, not only through sporting skills but also through the underpinning values and disciplines that PE promotes.

Hopton Primary School believe that PE (physical education) when experienced in a safe and supportive environment, is essential to ensure children attain optimum physical and emotional development and good health.

We intend to deliver high quality teaching and learning opportunities that inspire all children to succeed in PE and help them to develop a healthy lifestyle during their time at Hopton and beyond.

We want to teach children life-saving skills to keep them safe, such as swimming.

We want to teach children how to work co-operatively and collaborating with others as part of an effective team, understanding fairness and equity of play to embed life-long values.

PE at Hopton Primary School provides challenging and enjoyable learning through a range of sporting activities including; invasion games, net & wall games, strike and field games, gymnastics, dance, swimming and outdoor & adventure.

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.

Pupils participate in two high quality PE lessons each week, covering two sporting disciplines every half term. In addition, children are encouraged to participate in the varied range of extra-curricular activities. Sports organisers from Year 6 work with the younger children at a lunchtime on a rota basis.

Sports clubs are available after school per half term and change depending on the time of the year and interests of the children.

Children are invited to attend competitive sporting events within the local area. This is an inclusive approach which endeavours to encourage not only physical development but also mental well-being. These events also develop teamwork and leadership skills and are very much enjoyed by the children.

Each year a small group of Year 6 children are invited to become Sports Organisers for the school. They develop into sporting role models for the younger children, assisting with lunch-time clubs, our annual Sports day and any other Sporting activities.

Children in Year 5 swim once a week throughout the school year.

We help motivate children to participate in a variety of sports through quality teaching that is engaging and fun. From our lessons, our children learn to take responsibility for their own health and fitness, many of whom also enjoy the success of competitive sports. We equip our children with the necessary skills and a love for sport. They will hopefully grow up to live happy and healthy lives utilising the skills and knowledge acquired through PE.