



Physical Education at Highgate Primary Academy

P.E. is taught at Highgate Primary Academy as an area of learning in its own right, as well as being integrated where possible with other curriculum areas. It is taught at a minimum of one PE session a week, and two sessions per week wherever possible, with the role of PE and sport seen as central to creating healthy and active learners. We teach using the scheme Real PE, a child centred approach that challenges and supports every child from nursery to Year 6. Real PE develops the key abilities children need to be successful within PE and Sport across the curriculum. We hold a sustained commitment to our children improving their health, skills and physical literacy and ensure they have exposure to a broad range of activities.

Our PE consists of both indoor and outdoor teaching including a mixture of gymnastics, dance, invasion games, striking and fielding as well as our Real PE holistic approach to physical games and activities. We regularly compete in competitive events on school, hub and trust level and strive towards the Gold School Games sports mark award after achieving Silver the last 2 years. We continually promote active lunchtimes and breaks during the day with specified play equipment to ensure we reach our 60 minutes of physical activity per day. The PE lead supports staff with any curriculum development, monitors the teaching of lessons alongside our schemes to ensure objectives are met and assessments completed. We complete personal best challenges where children strive to be reach their potential and see progress in their fitness. At Highgate Primary Academy, children learn to swim in Year 3. They attend the Dearne Leisure Centre for 16 weeks for a one-hour lesson. We aim for excellence in PE as we do in all our subjects.

Our inclusive physical education curriculum/Real PE scheme is accessible for all regardless of a young persons disability or needs. We base our curriculum around the holistic child and ensure all children engage with a variety of physical activities and experiences that will spark an interest and motivate learners to be more physically active and enjoy the associated health and social benefits this can bring.