

Through our physical education curriculum, pupils are given the opportunities to...

Be Curious	Be Confident	Be Creative
<p>In PE lessons, pupils are encouraged to be curious when trying their hand at the wide range of sports and physical activities which are delivered across the year. An environment where mistakes are celebrated and improvements are praised is firmly established so that children feel comfortable when they are expected to try new movements, techniques and strategies. Pupils are also provided with opportunities to apply their previously acquired skills in unfamiliar contexts. To stimulate their curiosity further, pupils are encouraged to develop their understanding in PE through asking questions. For example, children may want to clarify the rules of a game or even be curious about the effects of particular exercises on their bodies.</p>	<p>During PE lessons, pupils are consistently encouraged to be confident in their own physical and tactical abilities. Examples of good practice are regularly demonstrated and celebrated within lessons by children who excel in a given area. Although they learn alongside their peers, pupils are regularly asked to challenge and push themselves to improve on their own previous performances and become even more confident in their own ability.</p> <p>The most able children are often given extra responsibilities within sessions such as delivering warm-ups, organising resources and supporting their peers. This will provide these children with a more well-rounded understanding of a particular sporting discipline. Additionally, pupils' confidence is often evident when communicating with others as part of a team. Giving instructions and supporting others allows them to be confident in both their knowledge and skills.</p>	<p>Traditionally, children use their creativity in PE when working on their dance and gymnastics skills. This is certainly the case at HFJS but pupils are also encouraged to be creative across the whole PE curriculum. When mastering a new sport, pupils use their understanding of the rules to develop their own strategies to win against the opposition or be successful individually. Pupils are also given opportunities to devise and develop their own games or activities relating to particular sports or physical activities. PE is also different to many other subjects in the expressive opportunities it presents to children. Pupils who may struggle to capture their creativity in the classroom with other areas of the curriculum may be able to unlock it physically in PE lessons, during extra-curricular activities or even in a competitive scenario.</p>