



At Clover Hill Primary School, we recognise the vital role that Physical Education (PE), physical activity and school sport play in promoting children's physical, mental, social and emotional development. We are committed to providing high-quality PE and sporting opportunities that inspire all pupils to succeed, excel and lead healthy, active lives.

<b>Long-Term Learning</b>	PE skills are taught, consolidated and reinforced on a twice weekly basis in lessons as well as 30 minutes 'active time' per day. They are built up and developed as the child moves through school.
<b>Real-Life Relevance</b>	PE is taught as an essential life skill. We want the children see the real-life relevance of PE and have the competence and confidence to take part in a range of physical activities that become a central part of their lives, both in and out of school. We want children to understand that being physically active can have a positive effect on their mental health and wellbeing as well as their physical health throughout their lives.
<b>Cooperative Learning</b>	Co-operative learning in PE builds teamwork, communication, and leadership skills. Group activities and team sports teach pupils to support each other, strategies, and celebrate success together. Working collaboratively promotes inclusion and ensures every child feels valued, while developing physical skills and confidence.

### **Aims**

In line with the **National Curriculum for History**, our teaching will:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives

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### **National Curriculum Coverage**

#### **Key stage 1**

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

#### **Pupils should be taught to:**

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- participate in team games, developing simple tactics for attacking and defending
- perform dances using simple movement patterns.

#### **Key stage 2**

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

**Pupils should be taught to:**

- use running, jumping, throwing and catching in isolation and in combination
  - play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
  - develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
  - perform dances using a range of movement patterns
  - take part in outdoor and adventurous activity challenges both individually and within a team
  - compare their performances with previous ones and demonstrate improvement to achieve their personal best
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**Aims and Intent**

At Clover Hill Primary School, we aim to:

- Provide all children with the **best possible physical activity experiences**, regardless of race, age, gender, ability or background, encouraging a **lifelong healthy lifestyle**
  - Develop **competence and confidence** to excel in a broad range of physical activities
  - Enable children to be **physically active for sustained periods**, improving their physical fitness
  - Encourage participation in **competitive sports, festivals and tournaments**, celebrating individual and team achievements
  - Support children to lead **healthy, active lives** with a positive attitude towards sport and exercise
  - Ensure all children develop the **knowledge, skills, determination and motivation** to be physically and mentally healthy
  - Embed a strong **culture of enjoyment, participation and enthusiasm** for sport and physical activity
  - Develop **teamwork, cooperation and leadership skills**
  - Foster an understanding of **rules, fairness and respect**, promoting positive sporting behaviour
  - Improve **agility, coordination and physical ability** through regular practice and progression
  - Encourage children to **evaluate their own performance**, set goals and strive to achieve their personal best
  - Provide a **minimum of 30 minutes and up to several hours daily** of moderate to vigorous physical activity, including active lunchtimes
  - Develop the **whole child**, using PE to support social, emotional, cognitive and wellbeing skills
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**Curriculum Implementation**

**Timetabled PE**

- All children receive a **minimum of two hours of timetabled PE each week**
- Lessons are planned in line with the **National Curriculum** to ensure children become physically confident, healthy and active individuals

**PE Curriculum and Scheme of Work**

Clover Hill uses the **Complete PE scheme** to deliver a high-quality, progressive curriculum. The scheme:

- Focuses on **mastery of fundamental movement skills**
- Revisits and builds on skills year-on-year
- Ensures progression through increasingly challenging activities
- Allows opportunities for **self and peer reflection**
- Supports inclusive participation for all pupils

### **Yoga and Wellbeing**

The **Yoga At Schools programme** is embedded within our PE provision to support:

- Concentration and focus
- Rule following and decision making
- Participation, leadership and turn taking
- Calmness, resilience and positive mental wellbeing

### **Outdoor and Adventurous Activity**

Our **cross-curricular orienteering scheme** provides high-quality outdoor and adventurous activities, linking PE with other curriculum areas and promoting problem-solving and teamwork skills.

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### **Physical Activity Beyond the PE Lesson**

PE and sport are central to school life at Clover Hill and extend beyond curriculum lessons:

- **Active lunchtimes** offer competitive and non-competitive activities for all pupils
- **After-school 'fun clubs'** provide additional opportunities for physical activity
- **The Daily Mile** is completed daily:
  - KS2: during lunchtimes
  - KS1: during afternoon breaks

This approach supports children in achieving recommended daily activity levels.

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### **Competition and Enrichment**

#### **Festivals and Tournaments**

Each year group attends **at least one inter-school competition or festival** annually within the Whickham and Gateshead area.

Key events include:

- Saltwell Park Fun Run
- Watergate Park Cross Country
- Gateshead Stadium Athletics Festival
- Bee Netball
- Gateshead Mini Basket Ball tournament

- Gateshead Schools Swimming Gala
- Gateshead Schools Hockey tournament
- Gateshead Mixed Football league
- Gateshead Girls football league
- Tag rugby tournament

In addition, **intra-school competitions** are regularly held during PE lessons and lunchtimes.

### **Residential Opportunities**

Upper KS2 pupils attend a **three-day outdoor and adventurous activity residential** in Weardale, promoting independence, teamwork and resilience.

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### **Sports Day**

Clover Hill hosts an annual **high-profile Sports Day**, led by the **Gateshead School Sports Partnership** and **Year 6 pupil leaders**.

- The day is themed around a major sporting event (e.g. Olympics, World Cup)
  - Morning sessions include team games with cultural links
  - An opening ceremony is followed by competitive and non-competitive athletics events
  - Families are invited to celebrate and participate
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### **Swimming and Water Safety**

- All KS2 pupils receive **weekly swimming lessons**
  - The programme ensures children can:
    - Swim **at least 25 metres** competently
    - Use a range of strokes effectively
    - Develop water safety awareness
  - Pupils have opportunities to gain additional swimming awards and badges
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### **Links with the Community**

Clover Hill actively promotes physical activity beyond school through strong community links, including:

- Newcastle United Foundation (NUFC)
- Kensho Karate
- Grassroots sports organisations
- Whickham Cricket Club
- Gateshead Tennis Club

These partnerships encourage pupils to continue their sporting journeys outside of school.

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## Special Visitors and Inspirational Events

To raise the profile of sport, Clover Hill regularly hosts:

- Sporting themed days
- Visits from professional and Olympic athletes
- Sports taster sessions

These events:

- Promote self-belief and a positive mindset
- Embed Olympic and school values
- Are followed by coaching sessions to inspire participation and challenge pupils

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## Inclusion

At **Clover Hill**, we are committed to providing an inclusive Physical Education curriculum that ensures all pupils, regardless of ability, need, background or circumstance, can participate, achieve and enjoy physical activity.

Clover Hill actively promotes inclusive practice through targeted workshops led by *Smile Through Sport*. These workshops are designed specifically to support and engage SEND pupils, using specialist coaching, adapted activities and a child-centred approach to build confidence, physical skills and enjoyment of movement. These sessions complement our PE curriculum and support pupils' physical, social and emotional development.

We work closely with teachers, support staff and external professionals to ensure reasonable adjustments are made where required. Our inclusive approach promotes teamwork, respect, resilience and a positive attitude towards physical activity, supporting our wider commitment to equality, wellbeing.

## Equal Opportunities

We recognise and value the diverse needs of our pupils, including those with Special Educational Needs and Disabilities (SEND). Our PE provision is carefully planned and adapted to ensure equal access, meaningful participation and positive experiences for every child. Activities are differentiated through task, equipment, space and support to enable pupils to succeed at their own level while feeling safe, confident and valued.

## Assessment and Impact

Assessment is integral to our PE curriculum and includes:

- Ongoing **formative assessment**
- Self and peer evaluation
- Use of the **Personal Best programme**, enabling children to compete against themselves and improve at their own pace

## **Impact of PE at Clover Hill:**

- Pupils are **motivated, confident and enthusiastic** participants
- Children demonstrate strong **sporting values**, including fairness and respect
- Pupils are highly engaged and achieve well across a wide range of sports
- Many children continue participation outside school through local clubs

- Achievements are regularly celebrated and shared within the school community

## Health and Safety

- Risk assessments are completed where necessary
- Equipment is checked regularly
- Staff follow school policies for safeguarding, first aid and supervision
- Appropriate clothing and footwear are required for PE activities

## Monitoring and Review

The PE Subject Leader is responsible for monitoring teaching, learning and standards in PE. This policy will be reviewed regularly to ensure continued compliance with statutory requirements and best practice.

### PE Curriculum Map

Year/Term	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Reception	Jumping 1	Hands 1	High, Low, Over, Under	Nursery Rhymes	Feet 1	Games For Understanding
Year 1	Wide, Narrow, Curled	Growing	Body Parts	The Zoo	Jumping 1	Health and Wellbeing
	Running 1	Hands 1	Feet 1	Hands 2	Games For Understanding	Team Building
Year 2	Dodging 1	Hands 1	Feet 1	Explorers	Games For Understanding	Team Building
	Linking	Water	Pathways	Hands 2	Jumping 1	Health and Wellbeing
Year 3	Football	Netball	Communication & Tactics	Weather	Problem Solving	Athletics
	Symmetry & Asymmetry	Golf	Dodgeball	Basketball	Tennis	Cricket
Year 4	Bridges	Netball	Space	Hockey	Tennis	Rounders
						Athletics
Year 5	Counter Balance & Counter Tension	Netball	Golf	Basketball	Badminton	Cricket
	Football	Health Related Exercise	Dodgeball	Problem Solving	Communication & Tactics	Athletics
Year 6	Tag Rugby	Netball	Carnival	Hockey	Badminton	Athletics
	Matching & Mirroring	Health Related Exercise	Handball	Leadership	Orienteering	Rounders