



How PE SHINES - Our Vision

The SHINE Curriculum in Physical Education

S -Stimulating enquiring minds by providing rich and relevant experiences, purposeful and connected learning, and creative thinking.

PE provides invaluable life skills that can be used both cross-curricular and in life beyond school such as resilience, teamwork, and sportsmanship.

PE encourages children to think creatively in game play situations and to use their cognitive skills when thinking tactically.

Children can practice skills relevant to all sports, and personal and peer assessment of performance is key in the teaching and learning process.

Through the school's sports network, rich experiences are offered through inter-school competition at local sports facilities alongside the opportunity to meet and connect with others.

H -High expectations and excellence delivered rigorously through well sequenced subjects, progression in generative knowledge, rich vocabulary, concepts and skills, so pupils know more and remember more.

The PE curriculum is delivered by both highly trained teachers and experienced specialist coaches.

The Real PE element is taught as a spiral curriculum that is built on year upon year with the same key concepts of Health and Fitness, Creativity, Cognition, Physical Skills, Social Skills and Personal Skills, visited by all year groups.

Each lesson is structured so children get the opportunity to develop skills and knowledge within the cog on which they are concentrating and the fundamental movement skills of the unit.

Teachers have access to a comprehensive breakdown of each unit, which ensures consistency of high quality teaching.

The same vocabulary and concepts are revisited with each year group, allowing them to build upon their previous learning.

I – Inclusivity and flexibility which allows us to cater for individual needs, abilities and interests.

Our PE scheme and ethos caters for all children, regardless of ability or disability, and a great emphasis is placed on personal bests, and developing individual and group skills, regardless of the starting point.

Coaches and teachers adapt games and activities to provide more scaffold to learn a skill, or present a greater challenge.

Sports Premium funding has been used to offer small group coaching sessions for children with gross motor skills and those requiring further nurturing input.

Before offering after school provision, children are informally consulted on what they would like to have the opportunity to learn, and we endeavour to make this possible.

N -Nurturing strong, lifelong learning behaviours- resilience, risk taking, independence, perseverance, and pride in success

Resilience in winning and losing is a key element to success in PE and this skill is transferable to all areas of life.

The component of competition, whether against others or with ourselves, creates a pride in success and risk taking is encouraged to gain skills.

PE is integral to other life skills, such learning to be resilient and working with others.

A great emphasis is placed on developing social skills, supporting others to reach their successes and perseverance towards personal goals.

E -Encompassing the whole child- developing their faith, values, spirituality, health and well-being and understanding the world we live in, their future in our culturally diverse community and country where equality and tolerance is promoted.

PE at Highfield St Matthew's encourages healthy bodies and minds.

Working together, the encouragement of others and the opportunity to coach friends, is integral to the ethos of PE.

Pupils are encouraged to support and encourage friends of all abilities and disabilities and to celebrate their personal successes.

PE teaches children to be thankful for their bodies and what they can achieve; compassion for others; endurance to keep going in order to achieve their own and others' goals; and the wisdom that comes with trying out new ideas, getting them wrong and learning from them.

Many of the Christian values are evident in PE, such as Endurance, Creativity and Compassion.

Healthy minds and bodies, care and encouragement of others, are key concepts of PE at Highfield St Matthew's