



# PE

# Portfolio



# PE at Hove Junior School

At Hove Junior School we believe that high quality Physical Education makes a remarkable impact on the lives of our pupils. Our aim is for children to develop physical literacy by immersing themselves in a range of sports and activities while contributing to their emotional well-being and health. This is integral to our values of co-operation and perseverance; encouraging children to develop teamwork alongside resilience, commitment to personal targets and desire to improve. Through a varied skill-focused curriculum, children enjoy physical activity therefore many of our pupils engage in extra-curricular sporting activities, inspired to lead healthy, active lifestyles.





**At Hove Juniors we...**

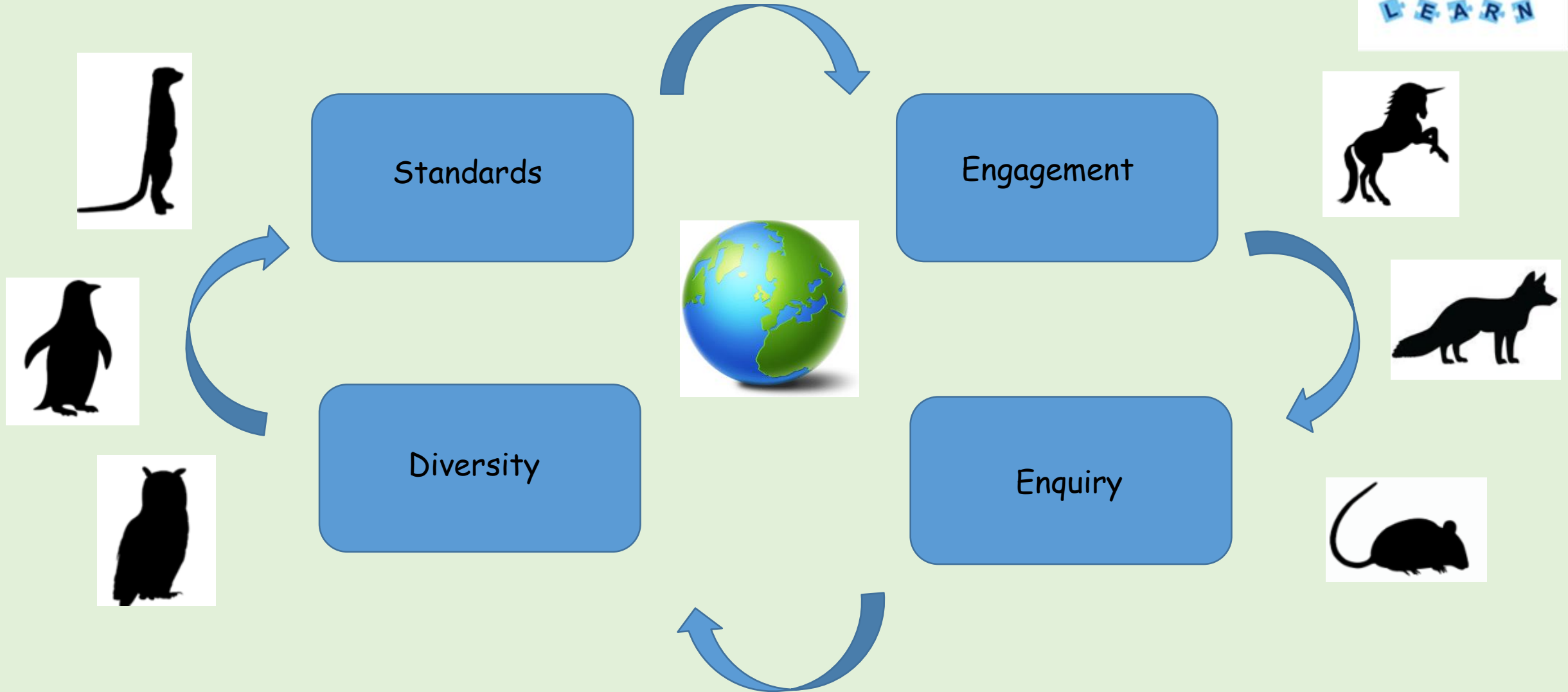
<b>L</b>	<b>Look after each other</b>
<b>E</b>	<b>Everyone does their best</b>
<b>A</b>	<b>Aim high</b>
<b>R</b>	<b>Respect</b>
<b>N</b>	<b>New day new challenge</b>

	Question
	Collaborate
	Reflect
	Take Risks
	Independence
	Perseverance

Our LEARNING CHARACTERISTICS support and define how the children become successful learners.



# Curriculum Drivers:



# PE Overview

Year group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
3	Hockey Gym	Basketball Dance	Football Netball	Tag Rugby Yoga	Athletics Cricket	Multisports/OAA Tennis
4	Hockey Gym	Basketball Dance	Football Handball/Swimming	Tag Rugby Circuits/Swimming	Athletics Rounders/Swimming	Multisports/OAA Tennis/Swimming
5	Hockey Gym	Basketball Dance	Football Netball	Tag Rugby Yoga	Athletics Cricket	Multisports/OAA Tennis
6	Hockey Gym	Basketball Dance	Football Handball	Tag Rugby Circuits	Athletics Rounders	Multisports/OAA Tennis



# PE in Year 3



<p><b>Hockey</b> To explore basic hockey skills such as dribbling and push pass To implement the basic rules of hockey To develop passing and receiving with increasing control</p> <p><b>Gym</b> To modify actions independently using different pathways, directions and shapes To consolidate and improve the quality of movements and gymnastics actions To relate strength and flexibility to the actions and movements they are performing To use basic compositional ideas to improve sequence work—unison</p>	<p><b>Basketball</b> To be able to perform basic basketball skills such as passing, dribbling and catching using recognised throws To use space efficiently to build attacking play To implement the basic rules of basketball</p> <p><b>Dance</b> To practise different sections of a dance aiming to put together a performance Perform using facial expressions Perform with a prop</p>	<p><b>Football</b> To be able to show basic control skills including sending and receiving the ball To send the ball with some accuracy to maintain possession and build attacking play To implement the basic rules of football.</p> <p><b>Netball</b> To be able to perform basic netball skills such as passing and catching using recognised throws To use space efficiently to build attacking play To implement the basic rules of netball</p>	<p><b>Tag Rugby</b> To handle a rugby ball with confidence To evade attackers using footwork and body control To link skills to perform as a team in attack To use basic game principles of tag rugby and play within simpler rules</p> <p><b>Yoga</b> To understand the purpose of meditation and mindfulness and discuss the benefits of this To improve balance and build core strength while holding poses To stretch and to discuss the importance of stretching</p>	<p><b>Athletics</b> To control movements and body actions in response to specific instructions To demonstrate agility and speed To jump for height and distance with control and balance To throw with speed and power and apply appropriate force</p> <p><b>Cricket</b> To be able to adhere to some of the basic rules of cricket To develop a range of skills to use in isolation and a competitive context To use basic skills with more consistency including striking a bowled ball</p>	<p><b>Multisports/OAA</b> To work with others to solve problems To describe their work and use different strategies to solve problems To lead others and be led To differentiate between when a task is competitive and when it is collaborative</p> <p><b>Tennis</b> To identify and describe some rules of tennis. To serve to begin a game To explore forehand hitting</p>
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# PE in Year 4



<p><b>Hockey</b> To be able to consistently perform basic hockey skills such as dribbling and push pass To implement the basic rules of hockey To develop tactics and apply them in competitive situations To increase speed and endurance during gameplay</p> <p><b>Gym</b> To become increasingly competent and confident to perform skills more consistently To be able to perform in time with a partner and group To use compositional ideas in sequences such as changes in height, speed and direction</p>	<p><b>Basketball</b> To learn some basic defensive techniques To implement some rules of basketball To practice the skill of scoring and become more successful</p> <p><b>Dance</b> To work to include freeze frames in routines To practise and perform a variety of different formations in dance To develop a dance to perform as a group with a set starting position</p>	<p><b>Football</b> To use defensive skills To dribble in different directions using different parts of their feet To pass for different distances To evaluate skills to aid improvement</p> <p><b>Handball/Swimming</b> To be able to show basic passing and catching skills To use some basic defensive techniques To implement some rules of handball</p>	<p><b>Tag Rugby</b> To combine basic tag rugby skills such as catching and quickly passing in one movement To be able to select and implement appropriate skills in a game situation To begin to play effectively when attacking and defending To increase the power of passes so the ball can be moved quickly over greater distance</p> <p><b>Circuits/Swimming</b> To understand the importance of a warm up before exercise</p> <p>To practise and improve a range of exercises during circuit fitness training</p> <p>To measure the effects of exercise by monitoring pulse</p>	<p><b>Athletics</b> To use running, jumping and throwing stations, children investigate in small groups different ways of performing these activities To use a variety of equipment, ways of measuring and timing, comparing the effectiveness of different styles of runs, jumps and throws.</p> <p><b>Rounders/Swimming</b> To develop the range of rounders skills that can apply in a competitive context To choose and use a range of simple tactics in isolation and a game context To identify different positions in rounders and the roles of those positions</p>	<p><b>Multisports/OAA</b> To work with others to solve problems To describe their work and use different strategies to solve problems To lead others and be led To differentiate between when a task is competitive and when it is collaborative</p> <p><b>Tennis/Swimming</b> To explore different shots (forehand, backhand) To work to return the serve To attempt to change their positions in gameplay</p>
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# PE in Year 5



<p><b>Hockey</b> To attack as a team and move toward a goal To be able to follow the basic rules for modified/mini hockey games To pass, receive, control, dribble and shoot</p> <p><b>Gym</b> To create longer and more complex sequences and adapt performances To take the lead in a group when preparing a sequence To develop symmetry individually, as a pair and in a small group To compare performances and judge strengths and areas for improvement To select a component for improvement. For example—timing or flow</p>	<p><b>Basketball</b> To be able to use specific basketball skills in games for example confidently: dribbling, shooting, passing and crossing over To begin to play efficiently on the court in both attack and defence To increase power and strength of passes, moving the ball over longer distances</p> <p><b>Dance</b> To perform different styles of dance fluently and clearly To refine &amp; improve dances adapting them to include the use of space rhythm &amp; expression To work collaboratively in groups to compose simple dances To recognise and comment on dances suggesting ideas for improvement</p>	<p><b>Football</b> To play effectively in a variety of positions and formations on the pitch To relate a greater number of attacking and defensive tactics to gameplay To become more skilful when performing movements at speed</p> <p><b>Netball</b> To be able to use specific netball skills in games for example confidently: pivoting, dodging, bounce pass and previously learnt skills To begin to play efficiently in different positions on the court in both attack and defence To increase power and strength of passes, moving the ball over longer distances</p>	<p><b>Tag Rugby</b> To combine basic tag rugby skills such as catching and quickly passing in one movement To be able to select and implement appropriate skills in a game situation To begin to play effectively when attacking and defending To increase the power of passes so the ball can be moved quickly over greater distance</p> <p><b>Yoga</b> To focus on breathing during relaxation and meditation activities To perform movements with transitions between poses To create a short sequence and teach this to another group To give and receive feedback to improve sequences</p>	<p><b>Athletics</b> To sustain pace over short and longer distances such as running 100m and running for 2 minutes To be able to run as part of a relay team working at their maximum speed To perform a range of jumps and throws demonstrating increasing power and accuracy</p> <p><b>Cricket</b> To develop the range of Cricket skills they can apply in a competitive context To choose and use a range of simple tactics in isolation and in a game context To consolidate existing skills and apply with consistency</p>	<p><b>Multisports/OAA</b> To explore ways of communicating in a range of challenging activities To navigate and solve problems from memory To develop and use trust to complete the task and perform under pressure</p> <p><b>Tennis</b> To attempt Volley shots and Overhead shots To apply new shots into game situations To play with others to score and defend points in competitive games To further explore Tennis service rules</p>
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# PE in Year 6



<p><b>Hockey</b> To choose and implement a range of strategies and tactics to attack and defend To combine and perform more complex skills at great speed To recognise and describe good individual and team performances To suggest, plan and lead a warm-up as a small group</p> <p><b>Gym</b> To work collaboratively to include more complex compositional ideas To develop motifs and incorporate into self-composed dances as individuals, pairs &amp; groups To talk about different styles of dance with understanding, using appropriate language &amp; terminology</p>	<p><b>Basketball</b> To explain why they or others are playing well in the games To know what they need to get better at and what to practice To understand how to attack and defend effectively To understand practices to help with precision and consistency and speed</p> <p><b>Dance</b> To perform different styles of dance fluently and clearly Refine &amp; improve dances adapting them to include the use of space rhythm &amp; expression To work collaboratively in groups to compose simple dances To recognise and comment on dances suggesting ideas for improvement</p>	<p><b>Football</b> To play effectively in a variety of positions and formations on the pitch To relate a greater number of attacking and defensive tactics to gameplay To attempt more skills when performing movements at speed</p> <p><b>Handball</b> To work as a team to improve group tactics and gameplay To play within the rules using screening to break down offensive play To develop defensive skills</p>	<p><b>Tag Rugby</b> To choose and implement a range of strategies and tactics to attack and defend To combine and perform more complex skills at speed To observe, analyse and recognise good individual and team performances To suggest, plan and lead a warm-up as a small group</p> <p><b>Circuits</b> To recognise that circuit fitness training is an example of HIIT (high intensity interval training) To set personal targets of areas children would like to improve over time, e.g. number of burpees in a minute To evaluate their progress towards these personal targets</p>	<p><b>Athletics</b> To become confident and expert in a range of techniques and recognise their success To apply strength and flexibility to a broad range of throwing, running and jumping activities To work in collaboration and demonstrate improvement when working with self and others To accurately and confidently judge across a variety of activities</p> <p><b>Rounders</b> To link together a range of skills and use in combination. To collaborate with a team to choose, use and adapt rules in games. To recognise how some aspects of fitness apply to rounders, e.g. power, flexibility and cardiovascular endurance</p>	<p><b>Multisports/OAA</b> To use information given by others to complete tasks and work collaboratively To undertake more complex tasks To take responsibility for a role in a task To use knowledge of PE and physical activities to suggest design ideas &amp; amendments to games</p> <p><b>Tennis</b> To develop backhand shots To attempt the lob To begin to use full tennis scoring systems To continue developing doubles play and tactics to improve</p>
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# Breakfast Club

Our Breakfast Club promotes our ethos of physical and mental health across the school, emphasising healthy eating and physical activity in the mornings. The team received a Gold Healthy Choice Award 2018-19.



# Active Lunchtimes



Sports coaches are employed to support children in being active at lunchtimes. They set up a range of engaging activities for sports chosen by children. This encourages pupils to engage in challenging physical activity during their lunchtime while developing their skills.



# After-School Clubs

We offer a range of after-school clubs for children to engage in extra-curricular sporting activities. These change throughout the year. Some clubs are funded by the school to encourage the involvement of as many pupils as possible.



Holland Road	Portland Road
Mixed Football (Monday and Wednesday)	The Outdoors Projects (Monday and Tuesday)
Netball (Tuesday)	Girls Football (Monday)
Dance (Tuesday)	Sama Karate (Monday)
Cheerleading (Wednesday)	Boys Football (Tuesday and Thursday)
Multi-Skills (Thursday)	Gymnastics (Tuesday)
The Outdoors Project (Thursday)	Multi-Sports (Wednesday)
	Netball (Thursday)
	Cheerleading (Friday)
	Basketball (Friday)



# Football and Netball Leagues

Our Year 6 sports teams compete against other schools in the Hove and Portslade leagues. We have a Girls Football, Boys Football and Netball team. Children enjoy representing their school in home or away matches as well as in tournaments throughout the year.



**Hove Junior School Netball Team – League Fixtures and Scores**

Aldrington		Hove Junior
Hove Junior		Bilingual
Hove Junior		Goldstone
Hove Junior		St Andrews
Brunswick		Hove Junior
Hove Junior		Cottesmore



**Hove Junior School Football Team – League Fixtures and Scores**

Aldrington		Hove Junior
Bilingual		Hove Junior
Hove Junior		Goldstone
Hove Junior		St Andrews
Hove Junior Portland Road		Hove Junior Holland Road
Brunswick		Hove Junior
Hove Junior		Cottesmore

# School Games Award

We received a Bronze Award from the School Games Mark, which is a government led awards scheme aiming to reward schools for their commitment to the development of competitive schools. We achieved this by attending events across the city in a range of sports.





# Events and Competitions 2019-20



Holland Road	Portland Road
Cross Country Championships	Tag Rugby Festival
Indoor Athletics	Cross Country Championships
Quick Sticks Hockey	Quick Sticks Hockey
Tri-Golf	High-5 Netball
Withdean Athletics	Withdean Athletics
	Cricket Multi-Skills Festival
	Swimming Gala

To encourage and inspire children to get involved in competitive sport, we attend many of Brighton and Hove's School Games events as well as others throughout the year.



# Cross Country

One of the largest events throughout the year is the Brighton and Hove Cross Country Championships in November. 98 children attended the event to run a challenging 2km course with steep hills.



# Let's Dance

Each year, our pupils are taught a routine by a professional dance teacher and perform at the Brighton Dome.



## Let's Dance



The largest celebration of schools' dance in the country, *Let's Dance* brings together youth dance from 78 schools, groups, universities and colleges from Brighton & Hove and its surrounding areas to perform together on our stage.





# Sports Week

During Sports Week, as well as participating in a traditional Sports Day with competitive field and track events, children have the opportunity to try new sports and extend their physical Literacy.





# Fundraising Opportunities

Exercise and physical activity is also embedded into our school ethos with frequent fundraising activities. Recent events have included:

## Reindeer Run:

All children participated in the daily mile, sporting reindeer antlers to raise money for Chestnut Tree House.



## Sports For Schools:

Kelly Simm, a Great British gymnast, led a challenging circuit activity to raise money for sports equipment.



## Pro-Kick Challenge:

Children were challenged to kick the ball as fast as they could to score penalties. Money raised funded new equipment for the school.



# Home Learning - Local Opportunities

We aim to inspire children to engage in competitive local sports outside of their school career. There are some amazing opportunities locally for them to continue to develop their skills and confidence in a range of sports:

- Hove Rugby Club
- Park Run and Kids Park Run
- Brighton Swimming Club
- Hove Surf Life Saving
- Apex Basketball Club
- 5 Ways Junior Netball
- Brighton and Hove Hockey Club
- Brighton Gymnastics Club
- West Hove Dynamos Football Club
- Fishersgate Flyers Football Club
- Hove Park Colts Football Club

