



Cultural Capital at Hillmead



PE, School Sport and Physical Activity

Physical

- Developing pupils' physical abilities and encouraging them to value physical activity.
- Our curriculum develops fundamental movement skills in EYFS and KS1
 - Locomotor e.g. running and leaping
 - Object control e.g. striking and catching
 - Stability e.g. balancing and rolling
- We ensure pupils secure fundamental movement skills in KS2 before moving on to more complex specialised movement.
- Change+Life Club to promote love of PE, physical activity and school Sport.
- Broadening children's experiences through after school provision (trampolining), trips (Stortford Gymnastics Club and visits by external coaches (Stortford Hockey Club)

Life Skills

- Swimming (Y3 and Year 5)
- Top up swimming in Year 6 as required
- Communication (working collaboratively and assessing their own and others performance in lessons)
- Follow rules
- Problem solving (choosing appropriate skills or tactics)
- Leadership (demonstrating, officiating in lessons and competitions, playtime leadership roles)

Competition

Competition is part of everyday life and contributes to the school community.

- Intra Competitions (Sports Crew led, teacher led at end of PE units, annual sports day)
- Inter competitions (the sports partnership or other organisations e.g. Panathlon)
- Ensure teams have coaching time to prepare for inter competitions
- Different ways to win or be successful (teamwork, determination, problem solving, leadership, respect, self-belief)

Personal challenge

- Understanding that success may vary for each individual. (Setting their own personal challenge within lessons and understanding personal goals can be applied to other areas of life)
- We use the concept of Head (thinking), Hands (doing) and Heart (behavioural change) to communicate the end of Key Stage expectations to pupils.

Social and Cultural

- Year 6 Sports Crew and Year 3 Play Leaders
- Celebrating PE, School sport and Physical activity (assemblies, Twitter, annual presentation evening).
- Providing opportunities for all
- Herts School Games Finals competing with children from different regions.
- Social skills (participation, cooperation, resolving disagreements, learning to lead)
- Pupil Voice

Spiritual and Moral

- Using imagination in dance to express personal and emotional (Y2 Magical Friendships, Y6 Why Bully Me) or spiritual and cultural (Y4 Haka)
- Within OAA pupils have the opportunity to use their imagination to solve problems and show respect for others.
- Respecting the rules, officials and other competitors
- Empathising with officials and other competitors.