



Heron Hill Primary School: Curriculum Overview

Indoor and Outdoor Physical Education Lessons are taught across the school each week. Additional opportunities are provided through extracurricular activities, visits by specialist coaches or teachers and during our *Outdoor and Adventurous* residential visit.

At Heron Hill School every child is encouraged to engage with as many sporting activities as they can; to be able to participate in physical activities both in and out of school to the best of their ability.

We teach the PE skills covered in the National Curriculum. Throughout the school we encourage the children to develop the skills and knowledge to help them to become proficient in a range of sports. We focus on the skills needed to throw, catch, kick, run, dodge, pass and receive using hands, feet and sticks – then transfer these into small games and eventually into full team sports with a range of children being chosen to represent the school in a variety of events.

Through physical activity we also teach the children the importance of a healthy lifestyle; a balance of what we eat is as important to their physical well-being as the sporting activities they take part in.