

# Physical Education

## Intent

- We aim to provide a high quality, inclusive curriculum inspiring our children to be active and lead healthier lifestyles.
- Our PE lessons are fun, enjoyable and challenging and all children can achieve, to the best of their ability, in a supportive, safe and stimulating environment.
- We encourage our children to become resilient learners and promote good sportsmanship, teamwork, and embed life long values.
- We provide opportunities for children to become physically confident and work as part of a team.

## Implementation

- Our children learn through sporting activities including; invasion games, net and wall games, strike and field games, gymnastics, dance, outdoor and adventure activities and swimming.
- We teach the children how to cooperate and collaborate with others as part of an effective team.

We help children work on their fitness, and give them the tools to lead a healthy and physically active lifestyle.

- We encourage the children to build resilience and perseverance.
- We strive to provide enrichment opportunities for the children which are delivered by external coaches.
- Our curriculum is designed so that children are taught a variety of activities progressively throughout each key stage

## Impact

- Children are empowered to challenge their own ability and our inclusive approach encourages the positive mental well-being of all children.
- Children will leave Westcott with a secure knowledge, and understanding of the PE content from the National Curriculum and will build on the skills they have acquired.
- Children will have developed the fundamental skills to access a variety of sports and physical activities, become more aware of their health and fitness and develop a love of PE.
- We thrive to ensure that all children leave school being able to swim 25m.

At Westcott Primary the children say that P.E. is "fun and helps us to develop teamwork. It is one of the best lessons at school as we get to try different types of sport that help us to keep fit and healthy".

## Our Athletes

At Westcott Primary we want all children to become confident athletes with a wealth of knowledge and skills to enjoy a wide range of sporting and fitness activities and to thrive in specific areas of PE where they can. We give them opportunities to explore, and set them physical problems to solve, in order to enrich and enhance their learning.

## The Sequence

All of our lessons are sequenced around the National Curriculum objectives which are revised and practiced.

Units of learning have been chosen to build sequentially across each year group starting in reception and are developed over a two year cycle.

Skills learned within the lessons are then applied into game based contexts allowing them to be embedded while being progressive.

## The Learning

The children learn by having the opportunity to practice small steps while building their basic skills in order to apply to game, routine or performance.

Children will have the opportunity to work with their peers in a range of situations. Working together is at the heart of everything we do to ensure that children understand the importance of teamwork.

## The Teaching

Teachers follow a sequence of lessons that incorporate a warm up, key skills practice, development of skills, a game situation or a choreographed element and a cool down.

Through repeating key skills and providing the opportunities for small-sided game based scenarios to take place, the children will have the chance to showcase their skills in a competitive manner.