

# PE AT WILLAND SCHOOL

## INTENT

Willand School recognises the value of Physical Education (P.E). We fully adhere to the aims of the national curriculum for physical education to ensure that all pupils:

- develop competence to excel in a broad range of physical activities;
- are physically active for sustained periods of time;
- engage in competitive sports and activities;
- lead healthy, active lives.

We provide children with exposure to a variety of different sporting disciplines, including swimming, dance, gymnastics, outdoor and adventurous activities and a wide range of net/wall, striking and fielding and invasion games. At the end of each unit of work in Key Stage Two, we aim to provide an intra-school competition within year groups to develop their sense of fair play, respect and sportsmanship. For dance and gymnastics, this takes the form of a performance and appraisal session. There may also be opportunities for children to take part in inter-school competitions through the Local Learning Community Programme of Events and East Devon Schools' Sports Partnership.

We believe that P.E. should give all of our children, regardless of ability, an enjoyable experience, which they will continue on into their adult lives.

## IMPLEMENTATION

The curriculum is led and overseen by the PE leads. As PE leads, a regular programme of monitoring, evaluation and review and the celebration of good practice will contribute to the ongoing commitment to evolve and improve further.

P.E. is taught at Willand School as an area of learning in its own right, as well as being integrated where possible with other curriculum areas. It is taught as two sessions per week wherever possible. The key knowledge and skills of each topic are mapped across each year group and a variety of schemes of work are used to support planning and assessment including The Power of PE, Enfield Schemes of Learning and PEDPASS. This ensures that children develop their knowledge of games, dance, gymnastics and swimming and (from KS2) athletics and outdoor and adventurous activity progressively. The skills in these areas are also therefore developed systematically, with the programme of study for each year group building on previous learning and preparing for subsequent years. Knowledge and skills are informed and linked to enable achievement of key stage end points, as informed by the 2014 National Curriculum.

We teach lessons so that children:

- develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others;

- develop habits leading to a healthy and active lifestyle and promote physical and mental well-being;
- help pupils understand how the body responds to activity;
- foster an appreciation of the artistic and aesthetic aspects of physical activity;
- engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations;
- apply and develop a broad range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement;
- develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success;
- enjoy communicating, collaborating and competing with each other;
- develop personal and social competence and the necessary skills to manage success in competitive and co-operative situations; to cope with losing, and to retain a proper sense of perspective in competition;
- contribute to pupils' social and emotional development, by developing their self-confidence and self-esteem;
- develop personal qualities and values such as commitment, fairness, tolerance, and a concern for others.

Lessons are planned to utilise cross curricular links, as well as the context of the school (including access to local facilities and community role models, such as sports coaches, with specialist skills). The varied curriculum is designed to enable all children to enjoy physical activity and to experience success in sport.

Children have the opportunity to participate in Outdoor and Adventurous Activities. Different experiences for different age groups, supported where possible by the Sports Premium Funding, ensure all children will have a range of appropriate challenges as they move through the school.

Children in Years 1 to 4 participate in swimming lessons to enable them to swim competently, confidently and proficiently over a distance of at least 25 metres.

Pupils also have the opportunity to gain practical skills and develop their understanding of how to cycle safely on today's roads through the Bikeability programme.

A variety of extra-curricular provision also provides further challenge and access to a range of physical activity. These are all run by members of staff and outside agencies. The school also actively supports pupils who are gifted in a particular sporting field. All children have the opportunity to participate in PE at their own level of development, with teachers ensuring that lessons cater for individual needs. As well as securing and building on a range of skills, children develop knowledge of the basic rules of a range of games and activities. They experience positive competition and a strong focus is placed on developing good sporting attitudes. Children learn in a safe environment and have a foundation for lifelong physical activity, leaving primary school as physically active.

## IMPACT

- Children are positive about PE and sport and are aware of the link between physical activity and good mental health and understand it's significance as part of a healthy lifestyle.

- Children demonstrate a good level of agility, balance, coordination and appropriate speed.
- Children are proficient in sport specific skills, strategic understanding, teamwork and evaluation.
- Children understand the importance of aesthetics in dance and gymnastics.
- Children demonstrate proficiency in a range of swimming strokes and can swim 25m unaided.
- Children are able to enjoy the competitive nature of sport in a safe environment.
- A maintained percentage of children take part in competitive sport organised through the East Devon School's Sports Partnership.

Please Note: Provision for PE is currently subject to change and will always be informed by the most recent government guidance. Our current risk management of PE activities is outlined in our Covid 19 risk assessment.

Our PE leads are: Eleanor Abbott and Matthew Watts

Our PE governor is: TBA