

PE Policy

Intent

At The Willows Primary School, our carefully planned and progressive P.E. curriculum is designed with the target of all children becoming physically confident in a way which supports their health and fitness whilst also demonstrating respect and fairness. We want all children to find the activity in which they can shine and enjoy in the future and outside of school to enable them to live a healthy, active lifestyle. We aim to do this by making sure they meet the National Curriculum expectations, to:

- Develop the 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

Teachers are regularly communicated with to ensure that they are happy, confident and well equipped to teach the PE curriculum. Staff have access to the PE Hub which provides a range of independent support and planning documents. In addition to this, PE leads send regular updates and resources through as they receive them. PE lead attends termly Stoke Town Meetings and a termly City Meeting to build links for CPD, competition and support. This ensures that the children at The Willows are given a vast diet of opportunities.

At The Willows, we place a high importance on providing all children with the opportunity to take part in competitive activities in school, at town, city or county levels. The enjoyment and confidence gained from these opportunities flows through the rest of the curriculum helping children to not only achieve in sport but also other academic areas. These opportunities for healthy competition allows children to experience success and failure and therefore grow in character.

Our P.E. curriculum overview and P.E. skills progression documents show how substantive knowledge (subject knowledge and explicit vocabulary used to learn about the content) and disciplinary knowledge (working physically skills) progress from Nursery through to Y6 and beyond.

Implementation

All teachers provide inclusive, quality first teaching in P.E. by planning and delivering engaging and effective teaching and learning for their class. At The Willows, we follow the

National Curriculum and primarily use the PE Hub scheme of work as a guide to support teachers with their planning and assessment.

Even though activities and sports can be met in a different order for different children, the clear links between sport/activity types selected means children can see how skills being learnt are transferable between sports and can progress at an appropriate rate.

At The Willows Primary School, we have created our own long term sequence that is rich and progressive in knowledge and vocabulary to clearly outline what pupils should know, be able to do and remember at key points in their primary education (end of: EY, KS1, KS2).

In school, we understand the importance of P.E. in the early years. The skills that we teach explicitly in P.E. are also part of everyday life in EYFS. In accordance with Development Matters 2021, we have three areas which PE is split into:

- Health
- Gross motor skills
- Fine motor skills

Understanding their own health and well-being is vital in the early years of a child's development, enabling them to pursue happy, healthy, active lives. Gross and fine motor experiences are developed, focusing on strength, co-ordination, and positional awareness. We provide opportunities for both indoor and outdoor play, which supports strength, stability, balance, spatial awareness, co-ordination, and agility.

In the Early Years children rotate weekly between a forest school activity and a more structured PE lesson. Fine and gross motor skills are taught discreetly daily through continuous provision and outdoor play.

We deliver 2 hours of PE to all children weekly.

As required at Key Stage 1, we plan for children to develop fundamental movement skills, to become increasingly competent and to be confident and access a broad range of opportunities to extend their agility, balance, and coordination, individually and with others. We plan for children to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations. This is built upon throughout KS2.

Our PE sessions in KS1 and KS2 allow for a clear progression of skills. These skills are taught through the following areas:

- Dance
- FMS – fundamentals, multi-skills and athletics
- Games – invasion, target, net and wall, striking and fielding
- Gymnastics
- Swimming
- Orienteering

In sport, pupils are provided with a range of opportunities outside P.E. lessons. Including a range of before and after school club opportunities, a few examples being football, multi-skills, cricket, and gymnastics. As well as a range of sports competitions: cross country, indoor athletics, high 5, cricket, football, athletics, swimming, tag rugby, rounders and weightlifting.

All children from Nursery to Year 6 take part in an annual Sports Day where they learn about competition and enjoying a range of different activities with their peers. We also host an annual Fun Run where families can come along and enjoy a short run with lots of fun obstacles thrown in! This is always a well-supported event!

We are lucky to have multiple areas for children to access for free play which also includes a marked running track where the children complete 'The Willows Mile' throughout the week. On our vast grounds we have two orienteering courses that can be used for all subject areas and support our cross curricular learning.

We share out of school as well as in school achievements via our monthly sporting newsletter and during our weekly celebration assemblies.

After each PE unit is taught staff complete an assessment document to show whether children have exceeded, met or have not yet achieved the objectives. This then gives the next teacher a clear starting point to ensure progression of knowledge and skills throughout the school.

At the end of each academic year we celebrate all children that have represented the school throughout the year with an awards evening. This is a celebration of all of the amazing opportunities that the children receive throughout the year and all of their successes.

Impact

Leaders and staff work collaboratively to monitor and evaluate the impact of the P.E. curriculum using a variety strategies, including:

- Learning Walks
- Pupil Voice
- Seeking views of other stakeholders: parents, carers, staff, and governors.

Children will have engaged in a rich and varied curriculum journey that enables them to experience creative learning, personal achievement and happiness. Carefully planned use of resources, festivals, sports days, competitions and before and after school clubs all support learners to enhance and deepen their understanding.

This will culminate in all pupils at The Willows Primary School becoming physically confident in a way which supports their health and fitness. We aim for them all to be able to swim at least 25m and will all have found an activity in which they can shine and enjoy in the future both in and outside of school.