



Widmer End Community Combined School and Pre-School

PE Intent, Implementation and Impact

Intent

At Widmer End School, we aim to develop a love of sport and physical activity in all children and inspire them to become lifelong active people when they leave KS2. We understand the importance of teaching high quality PE to equip the children with the skills to participate in a wide range of sporting activities which they can enjoy throughout their lives. Through PE, along with other subjects, we strive to promote a positive attitude to health and well-being which will encourage the children to lead healthy active lives. To develop a love of physical activity we aim to provide the children with positive, engaging and motivating experiences. The children will develop knowledge, skills and understanding so they can perform with increasing confidence and competence in a range of physical activities. They will learn to cope with both success and failure and develop essential skills such as leadership and teamwork. Opportunities will be given for the children to compete in sport and perform in other activities both within our school and with other schools in the local area. We inspire the children to reach their full potential and to develop good sporting attitudes. As a school, we will work to promote our school values through PE :-

Courage – to have a go and grow in confidence

Unity – to work together in small groups or teams

Trust – to develop trust in their peers

Kindness – to celebrate the achievements of others

Respect – for other players and officials

Curiosity – the desire to know and learn new skills

Implementation

In EYFS, PE is one of the Prime Areas of Learning and underpins the development of other skills such as reading, writing, listening and attention. Therefore, a lot of time is given to focusing on fine and gross motor skills using both the indoor and outdoor provision. In Pre School, specific areas and resources have been developed for children to learn and practise specific skills including balancing, climbing, jumping, throwing, threading, writing and moving in a range of ways. In Reception, they also access



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two hours of discrete PE lessons each week which focus on developing a particular skill using a varied range of equipment including playground balls, hoops, apparatus and bats. We make the lessons as fun and engaging as we can, to inspire the love of physical activity from a young age. Additional opportunities for short bursts of movement are built in throughout the day with the use of yoga, wake and shake dances and active storytelling or role play.

In the EYFS, children are introduced to the word 'healthy' and what this means. Adults plan focus activities during the academic year which enable the children to explore a range of foods and develop an understanding of which are healthy or unhealthy and the reasons why. We talk to children about what it means to lead a healthy lifestyle, incorporating a range of strategies including exercise, quiet time, reducing screen time and eating. The topic of healthy eating and living is extended on in Science in KS1 and 2.

Throughout the whole school, we promote 'Healthy body, healthy mind' and teach children about growth mindset. The Daily Mile was launched through a whole school assembly in December, to deepen their understanding of the positive effects exercise has on mental health and learning.

Children are given opportunities during their PE lessons to observe and discuss the physical effects that being active has on their bodies. They are encouraged to talk about how they link to 'being healthy'.

In KS1 and KS2, children are taught two, one hour long PE sessions a week teaching a variety of skills and sports including ball skills, swimming (Year 5&6), invasion games, dance and gymnastics. Our curriculum is built to ensure children build on the fundamental skills taught in EYFS and aim to master a range of sports and skills by the end of KS2. Children are provided with swimming lessons throughout Year 5 and 6 to allow them to meet the objectives outlined in the National Curriculum.

Children are introduced to team games as well as individual sports. Basic tactics are introduced to the children as well as competitive sports whether that be competing against other children, teams or themselves. Our partnership with Holmer Green Sports Partnership allows children to access friendly competitive environments with other schools. Children develop an understanding of how to improve, evaluate themselves and others and recognise their own success.

Where we use the scheme 'Get Set 4 PE', our PE curriculum and the lessons are adapted when necessary to ensure it is fully inclusive of our children at Widmer End and all children are engaged.



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Throughout EYFS, KS1 and KS2, class teachers are aware of and follow the PE Progression of Skills Document. The aim of this is to see a clear progression of skills throughout their school journey.

Throughout the school, we aim to improve the love of physical education and motivation to succeed through a range of enrichment opportunities. We try to get involved with as many as we can, such as athlete visits and workshops for sports such as archery and fencing.

At the end of the year, there are separate EYFS, KS1 and KS2 Sports Days where parents are invited in to support their children. We are aiming this year for a Bronze Award in the Schools Games Mark and are often looking for opportunities for targeted events within the School Games for our SEND, disadvantaged and other children with a need we feel is necessary to address.

We also provide after school and lunch clubs for all children to keep children active and continue developing their love of physical education.

Impact

Children leave school having a love of sport and physical activity both in and out of school, with this continuing into later life. They have access to a range of sports within the National Curriculum and beyond, due to exposure to enrichment opportunities. Children will have worked on their own aspirations in relation to PE and this will be carried on after leaving KS2, with children continuing to participate for enjoyment or competitively. All children should be able to discuss the importance of a healthy lifestyle and how this is achieved as well as developed skills that underpin life such as teamwork, sportsmanship, self-motivation, resilience and independence.