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**PE at Wibsey Primary School**

*‘Reading is to the mind, what exercise is to the body’*

Joseph Addison

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| **PE Intent** |
| At Wibsey Primary School, the overarching intent of our Physical Education curriculum is to create a love for exercise in our pupils by providing opportunities to engage their interests in sports. Our PE curriculum supports the development of confidence, health, fitness and wellbeing through physically-demanding activities and competitive sports; children are motivated and inspired to succeed and excel in a range of sports which in turn supports their health and fitness. The opportunities that are provided for pupils to engage in competitive sport and other activities help build character and embed values such as fairness and respect.  It is vital that we provide a curriculum which enables pupils to participate in a minimum of 30 minutes of physical activity a day in school, both through PE lessons and across other subject areas. Through the ethos of the school and the high-quality PE curriculum, pupils are encouraged to develop learning skills and behaviours to build lifelong learning powers. As pupils progress through Wibsey Primary School, they will continue to develop confidence, co-operation, competitiveness, self-discipline and resilience through participation in PE, sport and physical activities.  In our PE curriculum, we teach pupils to recognise the positive impact that PE and sport can have, not only on their physical health and fitness, but also on their mental health and well-being, both in their present and future lives. It is our intent that pupils leave Wibsey with us being able to have provided all pupils with opportunities to participate in competitive and team sports, thus meaning children will understand how to improve their own performance, and celebrate their own and others’ success. |
| **Implementation – How we plan and teach PE** |
| At Wibsey Primary School, PE is taught as an integral part of the ‘Wibsey Cumulative Curriculum’ and we provide a PE curriculum with appropriate subject knowledge, skills and understanding as set out in the National Curriculum PE Programmes of Study. There is progression in knowledge acquisition and the development of subject specific skills as pupils make their way through Wibsey Primary School; pupils will develop a range of movement skills, becoming increasingly competent and confident. They have access to a broad range of opportunities to extend their agility, balance and coordination whilst participating in gymnastics, dance, games, swimming and athletics.  Children spend time mastering basic movements, participating in team games and developing an understanding of how to improve in different physical activities and sports. They learn how to evaluate, improve their performance and recognise their own success. The PE curriculum is structured so that each year group will develop a variety of ball, dance, gymnastics, games and athletics skills across a range of sports.  In EYFS, pupils will develop their core strength, stability, balance, spatial awareness, co-ordination and agility through a range of activities, with consideration for themselves and others. The spacious grounds of the EYFS unit and newly installed playground enables children to be active and move confidently in a range of ways, safely negotiating the space. Co-ordination, control and movement are developed through opportunities to roll, crawl, walk, jump, run, hop, skip, climb and dance. This supports the progression towards a more fluent style of moving, with developing grace and control. Through using balls and other equipment outdoors, children develop co-ordination and skills, including throwing, catching, kicking, passing, batting and aiming. In the classroom children use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor whilst the handling of tools and equipment develops fine motor skills. Children are helped to understand the importance of physical activity and to make healthy choices in relation to what they eat.  In Key Stage 1, pupils will develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and co-ordination, individually and with others. They will be able to engage in competitive (both self and against others) and co-operative physical activities, in a range of increasingly challenging situations.  Lessons for pupils in Key Stage 1 will ensure that children are taught to master basic movements such as running, jumping, throwing, catching as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities. They also participate in team games, developing simple tactics for attacking and defending and perform dances using simple movement patterns.  As pupils enter Key Stage 2 and until the end of their time at Wibsey Primary School, they will continue to apply and develop a broader range of skills, learning how to use them in different ways and link them to make actions and sequences of movement. As they end year 6, children will enjoy communicating, collaborating and competing with each other. They will develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.  Lessons for pupils in Key Stage 2 will ensure that children are able to use running, jumping, catching and throwing in isolation and in combination. They will play competitive games, modified where appropriate (including football, netball, rounders, cricket, hockey, basketball, and tennis), and apply basic principles suitable for attacking and defending. Through sports such as athletics and gymnastics, children will develop flexibility, strength, technique, control and balance and perform dances using a range of movement patterns. In the later years of Key Stage 2, they will take part in outdoor and adventurous activity challenges both individually and within a team. These types of activities will help them create the ability to compare their performances with previous ones and demonstrate improvement to achieve their personal best.  Children in Year 5 go swimming weekly and are taught water safety. Pupils attend the local swimming pool and are taught by swimming instructors to swim competently, confidently and proficiently over a distance of at least 25 metres. Alongside this, they are taught to use a range of strokes effectively (for example, front crawl, backstroke and breaststroke) and perform safe self-rescue in different water-based situations.  Children across school undertake additional PE one morning every three weeks and there are a range of before and after school clubs which expose children to a wider range of sports such as Tri Golf, Dodgeball, Hockey as well as Modern Dance and Skateboarding. |
| **Impact – What difference does the PE curriculum make to our children?** |
| Through the high quality first teaching of PE, we will see the impact in different ways. Primarily, children will be engaged in their learning in PE, develop their love for sport and want to participate and compete in more games and activities. Consequently, there will be an impact on their lifestyle – they will be more active and fitter both physically and mentally.  Children will be expected to leave Wibsey Primary School an experienced individual physically, socially and mentally due to the impact of this well-designed curriculum that will lead to accelerated progress in pupils’ performance, competition and social and mental development. Pupils will understand the importance of physical activity, sport and PE and motivate children to become confident, resilient and disciplined, so that they become independent and take responsibility for their health and fitness throughout their life. Differentiated activities set as appropriate and pupils with physical SEND are supported to ensure their inclusion. Assessments and monitoring will show standards in PE will be high and will match standards in other subject areas. |