

West Witney Primary School and Nursery

Curriculum Information



Physical Education

Reception, Key Stage 1 and Key Stage 2

Introduction

At West Witney Primary School and Nursery we believe that a high-quality PE curriculum inspires children to succeed and excel in physically demanding activities and competitive sports, which in turn, will help them to build important life skills such as resilience, tenacity and determination. We wish to support our pupils' health and fitness and provide them with opportunities to become physically confident. It is our aim to inspire our pupils to be involved in competitive sport and other activities to help build character and embed values such as good sportsmanship and respect.

Intent

At West Witney Primary School and Nursery, Physical Education (PE) is an integral part of our Curriculum that is inclusive and engages all pupils, in a supportive and challenging environment. We aspire for children to acquire, develop and refine their practical skills and techniques; to further their knowledge and understanding of PE concepts and principles and develop their overall competence, to enjoy, and excel in, a broad range of sports and physical activities.

We aim to deliver high-quality teaching and learning opportunities which enable all children to succeed; to enjoy their learning; to be resilient and consistently strive to give their best efforts at all times and achieve their potential and personal best.

Children participate in competitive sport and through this we teach children how to cooperate and collaborate effectively as part of a team and compete appropriately against others, adhering to the principles of fairness, sportsmanship and respect, values we hope to embed for future life.

We understand the importance PE, School Sport and Physical Activity has on children's general health, fitness and mental wellbeing. We provide opportunities for all children to be physically active for sustained periods of time and we teach children the importance of leading healthy, active lives and making informed and appropriate lifestyle choices.

Swimming is an important life skill and we aspire for all children to leave primary school being able to swim at least 25 metres.

Implementation

At West Witney Primary School and Nursery, we use the 'P.E. Planning' scheme of work alongside high-quality teaching to deliver our P.E. sessions. Each child receives 2 hours of PE a week with their class teachers or an HLTA. We plan their sessions to cover a broad and full range of skills and activities. Children in years 4, 5 and 6 attend swimming lessons in a local pool. They learn to swim 25 metres competently and confidently in a range of strokes. Children also have the chance to be active in wide range of clubs.

We teach in a way that children:

- have fun and experience success in sport
- can join in at their own level of development
- build and secure a range of skills
- develop good sporting attitudes
- understand basic rules
- experience positive competition
- learn in a safe environment

Impact

At West Witney Primary School and Nursery, we aim to strongly implement all of the skills learnt in PE so the children can be motivated to maintain a happy, healthy lifestyle through their West Witney journey and beyond.

We want our children to be able to independently develop alongside the use of the PE curriculum and achieve their personal best in everything they do.

At West Witney Primary School and Nursery we monitor their progress in physical education in these ways:

- Constant verbal feedback is given during lessons both positively and constructively in order to enhance pupil performance and understanding.

- Children become engaged sufficiently to the point they can peer and self-review within lessons.
- Children will increase their subject vocabulary due to the wide range of subject knowledge they will have access to.
- The impact of swimming will be measured by a qualified swim instructor and based on those who can swim 25m by the end or before the end of KS2.
- Children will understand what constitutes a balanced diet and healthy lifestyle and take this knowledge into their wider community lives.
- Children will see PE and sport as a positive part of their education and will actively want to participate in extracurricular offerings.
- Children have access to and will actively seek members of staff to discuss their mental well-being.
- Due to the strong importance set on PE at West Witney Primary School and Nursery, parents and families will be encouraged to be involved at appropriate times. As well as being regularly informed of success the children are having within the subject.
- Strong emphasis put on reward and acknowledgment due to the encouragement of a love of sport, PE and physical and mental well-being.
- Children to have the best chance of living and maintaining happy, healthy lives.

Recording and Assessment

Assessment in PE at West Witney is an ongoing process. Teachers will use their professional judgement to make decisions about pupil's progress and attainment as they observe them throughout lessons, and through assessing against the specific objectives set out in the National Curriculum/ PE Planning lesson plans. We use the PE Planning assessment grids for each unit to capture pupil's strengths and areas of development as they move through each year group. At the end of each unit/block of work, teachers will decide on a pupil's level of attainment noting which children are: working above the age-related expectations. These forms of assessment are used by class teachers to make a judgement regarding PE ability when reporting to parents.

The PE Journey at West Witney Primary School

Year	Topic Title													
Term	1		2		3		4		5		6			
R	Me & Myself		Me & Myself		Working with others	Forest School	Forest School		Working with others		Throwing & Catching			
1	Forest School	Football	Gym	Tag Rugby	Fitness	Netball	Forest school	Hockey	Dance	Cricket	Rounders	Athletics		
2	Gym	Tag Rugby	Forest School	Football	Dance	Hockey	Forest School	Netball	Fitness	Tennis	Cricket	Athletics		
3	Dance	Football	Gym	Tag Rugby	Fitness	Netball	Dodgeball	Hockey	Gym	Cricket	Rounders	Athletics		
4	Gym	Tag Rugby	Dance	Football	Swim	Gym	Hockey	Swim	Gym	Netball	Fitness	Tennis	Cricket	Athletics
5	Dance	Football	Gym	Tag Rugby	Fitness	Netball	Gym	Hockey	Swim	Rounders	Cricket	Swim	Rounders	Athletics
6	Swim	Gym	Tag Rugby	Swim	Gym	Football	Fitness	Hockey	Gym	Netball	Dance	Tennis	Cricket	Athletics

Athletics	Gymnastics	Net & Wall Games	Target Games	Swimming	Working with others
Dance	Invasion Games	Striking & Fielding Games	Fitness	Me & myself	Throwing and catching

Me and myself
In EYFS children will learn to change into PE kit, listen and respond to instructions, move in different directions change direction when moving and participate in games.
Working with others
In EYFS children will learn to play games with others, to share and be kind to each other, to run into space, avoiding obstacles, to take turns playing different roles and using different equipment and to play games in pairs and groups.
Throwing and catching
In EYFS children will learn to move around without a ball, move with a ball, explore different body parts to move the ball, explore how the ball moves and play command games.
Athletics
In athletics in EYFS and KS1 the children will be beginning to recognise successful and unsuccessful techniques and will show understanding of the correct running technique. By LKS2 they will recognise what they do well and what they find difficult, identifying what they need to practice to improve their performance. They will start to devise suitable warm-up activities for the upcoming activities and will start to describe how their bodies feel when exercising and further understand the link between heart rate and breathing during exercise. By Year 6 they will understand appropriate pace judgement for the running distance to be covered, understand the appropriate throwing and jumping technique to achieve maximum distance and height. They will be able to share and discuss athletic techniques with others, compare their performance with previous ones and demonstrate improvement to achieve their personal best. They will be able to describe the importance of being physically fit and explain how their body reacts and feels when taking part in different activities and undertaking different roles.
Dance
In Dance in KS1 the children will describe what it feels like to breathe quickly during exercise and what they have done or seen others doing. They will understand why being active and playing games is good for you. In LKS2 they will describe and evaluate the effectiveness and quality of a dance be able to describe their own dance, taking characters into account as well as Identifying what they need to practice to improve their dance. By UKS2 the children will share ideas in small groups, working together to create a routine incorporating different elements. They will use their imagination to develop dances to music and develop expressive qualities.
Gymnastics

In Gymnastics in KS1 the children will watch and describe a performance accurately. By LKS2 children will learn how to evaluate and recognise their own success and areas for improvement, as well as the effectiveness and quality of a performance. By UKS2 the children will develop their own gymnastic sequences by understanding, choosing, and applying a range of compositional principles. They will identify which aspects of a performance were performed consistently, accurately, fluently, and clearly; being able to provide constructive feedback.
Invasion Games
During Invasions Games in KS1 children will learn to understand why being active and playing games is good for you and understand how to play in a safe way. They will learn to recognise space in games and how to use it to their advantage. In LKS2 they will be able to choose and use simple tactics to suit different situations and apply these in small sided games and begin to understand some rules of the game. They will be able to identify what they do best and what they find difficult and will learn to recognise their own success. By UKS2 they will be able to create short warm up routines that follow the basic principles e.g. raising body temperature, mobilise joints and muscles. They will be able to adapt games and activities making sure everyone has a role to play and will understand the rules of the game and participate in full games. They will show an understanding of and the importance using particular skills learnt to develop specific games e.g. the importance of keeping in a line in both attacking and defending plays.
Net & Wall Games
In Net & Wall games in KS1 the children will understand, follow, and apply skills and tactics in simple games. They will understand how to play in a safe way and why being active and playing games is good for you. They will be able to describe what they have done or seen others doing. By LKS2 they will be able to compete with others, keeping and following the rules of the game. They will be able to employ simple tactics in game situations and explain why they have used the tactics. They will have a further understand the link between heart rate and breathing when exercising. In UKS2 they will understand tactics in net games, such as aiming into space to beat an opponent. Use these tactics to try win games. They will be able to identify spaces and understand the tactic of hitting into gaps. They will describe good technique of the forehand, backhand, and overhead clear and watch and evaluate the success of games. They will continue to evaluate and recognise their own success and show an understanding of the importance of being physically fit and how physical activity can contribute to a healthy lifestyle.

Striking & Fielding Games
In Striking and Fielding games in KS1 the children will apply skills and tactics in simple games, including recognizing space and using it to their advantage. They will describe what they have done, or seen others doing and describe what it is like to breath quickly during exercise. By LKS2 they will employ simple tactics in games and devise suitable warm up activities for upcoming activities. They will be able to choose fielding skills which make it difficult for your opponent. By UKS2 they will learn how to evaluate and recognise their own success and areas for improvement. They will develop an understanding of how to improve in different physical activities and sports and will create short warm up routines that follow basic principles e.g. raise body temperature, mobilise joints and muscles
Target Games
In Dodge Ball in Year 3 the children will understand how finding space can help in game situations. They will begin to understand why you get hotter when you exercise and play games. They will identify what you do best and what you find difficult and explain what success they have seen in games, and how individuals and teams achieved it. They will explore and understand how correct putting techniques can create a successful shot.
Fitness
In Fitness lessons in EYFS and KS1 will understand why being active and playing games is good for you. They will describe what it feels like to breathe quickly during exercise and understand some changes to the body when playing a game. By LKS2 they will develop an understanding of the importance of speed and stamina when playing invasion games. By UKS2 Be able to describe the importance of being physically fit, further understand how physical activity can contribute to a healthy lifestyle and know how invasion sports help your fitness and health. They will develop physical characteristics needed for sport.
Swimming
By the end of Year 6 children our aim is ensure all children can swim unaided for 25m using recognised arm & leg movements; competently, confidently and consistently. Jump in from poolside, submerge & rise to the surface and exit the water safely without using steps in deep water. Float on front or back without aids for 20 seconds in deep water, then swim back to the wall. Tread water in deep water without using buoyancy aids for 30 seconds. Perform a shout & signal rescue (unaided) for 30 seconds.

