



Intent, Implementation and Impact for PE

Intent

At Woodthorpe, we intend to offer a high-quality physical education curriculum that inspires all children to succeed and excel in competitive sport and other physically-demanding activities. We aim to provide a PE curriculum that pupils from Reception to Year 6 not only enjoy but also allows them to experience a range of activities that help them to develop their health, fitness and wellbeing. Children engage in a wide variety of activities in the curriculum: swimming, dance, football, basketball, and a mixture of other ball games. We supplement this with a range of extracurricular opportunities. These opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect. We believe that instilling a love and knowledge of exercise, games and all things active is an integral part of setting up each and every child to have a healthy and balanced lifestyle.

Implementation

At Woodthorpe, our physical education curriculum is carefully planned and resourced to ensure an education of quality coaching and skills development. Each child receives 2 hours of curriculum PE time on a weekly basis. Children in KS1 are given ample opportunities to develop their fundamental movement skills and extend their agility, balance and coordination. They engage in competitive and cooperative physical activities through games, dance and gymnastics. In KS2, pupils continue to apply and develop a broader range of skills such as running, jumping, throwing and catching. These skills are incorporated into competitive team games, performances using movement patterns and evaluations of their own and others' work. Children in Y4 attend swimming lessons where they are taught to swim competently, confidently and proficiently over a distance of 25m using a range of strokes. We invest heavily in this area and offer exceptional provision for all children. Tuition begins in September and continues on a weekly basis throughout the year. This represents significantly more tuition than offered in other schools. We feel this is essential due to the low starting points of many of our children. From these starting points all children make remarkable progress in both their confidence and swimming ability. Where necessary, children are offered further support in either a separate setting with 1:1 tuition or through additional sessions in Y5. In addition to PE in curriculum time, we also strive to provide opportunities for children to access extracurricular physical activity through a wide range of sporting and active clubs such as: gymnastics, badminton, dance, hockey, multi-sports, football and yoga. At Woodthorpe, we take every opportunity to inspire activity where possible. Break times are encouraged to be active through the use of our playground leaders and SLT. Dazzle Dance sessions are held at break times and lunchtimes as well as multi-sport sessions that are run by Cryo Sports. We also hold an active weekly assembly to ensure that we are giving children at our school the best possible chance of achieving the recommended 60 minutes of physical activity each day. These daily opportunities support our children in developing their physical literacy through building their physical co-ordination, fitness, knowledge and understanding, confidence and their social skills.

Impact

At Woodthorpe, the PE curriculum aims to improve the wellbeing and fitness of all children not only through the sporting skills taught, but through the underpinning values and disciplines PE promotes. We help motivate our children to participate in a variety of sports through quality teaching that is engaging and fun, instilling a love for sport in the hope the children will grow up to live happy and healthy lives.