



PE: Intent, Implementation and Impact

Intent

What skills and knowledge do we intend our children to gain?

At Westfield Primary School and Nursery we recognise the importance of Physical Education to a child's physical, cognitive, social and emotional development as well as the role it can play in a child's spiritual, moral and cultural development. Physical Education develops the children's knowledge, skills and understanding, so that they can perform with increasing competence and confidence in a range of physical activities. Physical Education promotes an understanding in children of their bodies in action. It involves thinking, selecting and applying skills and promotes attitudes towards a healthy lifestyle, thus enabling them to make informed choices about physical activity throughout their lives. We aim to provide a broad and balanced P.E. curriculum to aid children's increasing self-confidence in their ability to manage themselves and their bodies within a variety of movement situations. We provide a balance of individual, team, cooperative and competitive activities with the ultimate aim to cater for individual pupil's needs and abilities. We provide and enable opportunities for pupils to take part in extra-curricular sports and activity clubs and competitions within our local community so that children can develop good sporting attitudes and have a positive competitive experience. Daily physical activity and health enhancing activities are also incorporated in our day such as active lessons, active break and lunchtimes, Forest school lessons, the Daily Mile and extra-curricular activities.

Pupils will acquire and develop skills to enable them to become successful games players, dancers, gymnasts and athletes, learning how to observe, compare and comment on skills, techniques and ideas which themselves and their peers have used in order to improve their work and performances. Through class workshops, and themed celebrations Westfield pupils will learn the importance of physical activity to their health and wellbeing, and how to make healthy life choices through diet and exercise. By embedding the principles of Five Ways to Wellbeing our pupils recognise the importance of taking care of themselves both physically and mentally through developing positive relationships with their peers and themselves.

Implementation

How has the curriculum been developed, how is it taught and how is it assessed in order to support our children to build their knowledge and apply that knowledge as skills?

Westfield Primary School provides a broad and balanced curriculum, which includes comprehensive coverage of the National Curriculum for Physical Education in EYFS, KS1 and KS2 with cross-curricular links to other subjects. Pupils study Gym, Dance, Outdoor and Adventurous Activity (OAA), Games and Athletics and those in KS2 learn to swim. Teachers use Dacorum School Sports Network (DSSN) PE Assessment for learning tools and our new Complete PE Scheme of work. The Scheme of work is adapted to suit the needs of pupils. Assessment of understanding is through regular questioning, "show me what you know already" and verbal feedback.

Daily Physical Activity/Active Learning

We aim to embed at least 30 minutes of physical activity throughout the school day in addition to our timetabled P.E. lessons. We aim to make some of lessons active and the children have 'brain breaks' throughout the school day through the initiatives such as mindfulness, Daily Mile, Skip2bfit, Let's Dance, Super Movers, i-moves and Go Noodle activities. We also provide the children with opportunities to be physically active at break and lunchtimes utilising the Daily Mile track, EYFS playground, adventure trail, outdoor gym, Balance Bikes, identified play areas on the playground at lunchtimes, Astro Pitch, Wildwood and Nature Reserve and the school hall.

Extra-Curricular Activities



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We will continue to offer a range of clubs both during lunchtimes and after school. Feedback from parents and pupils will be instrumental in their provision and we will continue to try to offer new sports that are accessible in the local area. Our aim (COVID 19 permitting) is to offer a club throughout the year to a mixed age group to target less active children and encourage them to try physical activity with their peers in a less competitive environment.

Competition is encouraged at Westfield through our school values and ethos of being the 'best version of ourselves and achieving a 'personal best.' The Daily Mile and Skip 2bfit activities are rewarded in celebration assemblies in addition to out of school achievements. Class and House competitions encourage good sportsmanship and attitudes.

Our pupils have the opportunity to represent the school in competitive team or individual competitions, festivals or inclusion sports. Cup and Plate teams compete in some sports to cater for a range of abilities and we take part in an inclusion festival, which is a less competitive event with the focus on fun and participation.

Sports leaders are appointed in Years 2-6, mentored and trained by older pupils. The leaders run activities during lunchtime on the playground and clubs in the hall, assist in class PE lessons and in whole school events such as The Daily Mile, Feel Good Week and Sports Week and jointly promote active fundraising activities with the School Council. They also collate results from the school personal best challenges.

Our PE curriculum enables our pupils to improve their wellbeing and fitness, self-discipline and sportsmanship whilst demonstrating our school values.

They will have the ability to select and apply skills, tactics and compositional ideas to suit activities that need different approaches and ways of thinking. They will set targets for themselves and compete against others. They will understand what it takes to persevere, succeed and acknowledge others' success. They will take the initiative, lead activities and focus on improving performances. They will have the competence to excel in a broad range of physical activities. They will lead healthy and active lives and make positive life choices. They will have developed positive attitudes to participation in physical activity and have embed values such as fairness and respect.

Impact

What outcomes will or have our children achieved as a result of the curriculum they have received?

The impact on our pupils is evident in pupil voice; children talk enthusiastically about their P.E. lessons and can confidently talk about why Physical Education is important. In lessons, pupils gain skills techniques and ideas and apply them accurately and appropriately. They show good control in their movements and can use space and facilities appropriately and safely.

Pupils can compare and comment on skills, techniques and ideas that they and others have used. Pupils can use their observations to improve their work and achieve their personal best.

Pupils develop leadership skills and are good sports ambassadors for Westfield.