

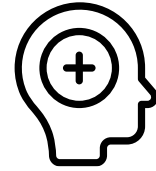
At Waterside Primary we know that PE is a fundamental part of the curriculum that promotes not only physical agility but core values.



## Intent - We aim to...



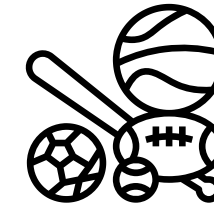
Ensure children are engaged in PE regardless of ability or need.



Ensure the children's experience of PE is positive and motivating, by promoting core values.



Encourage children to lead healthy and active lifestyles by providing health knowledge and promoting the benefits of healthy living.



Provide opportunities for children to be active outside of PE lessons.



Ensure children have opportunities to experience positive competition where key skills and core values can be applied in school and out.



## Implementation - How do we achieve our aims?



### Concept-led Curriculum

As a school, we recognise that learning through key concepts allows for stronger knowledge of subjects. We believe these concepts allow children to understand different aspects of PE beyond just physical activity.

Key concepts



Health & Fitness



Social



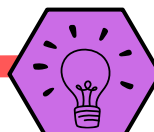
Personal



Physical



Cognitive



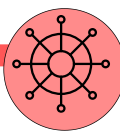
Creative



### A consistent approach

At Waterside Primary, from Reception we follow Bee Active Scheme of work. We work closely alongside Bee Active to ensure full coverage of all key units. In Nursery the children have access to the outdoor area all day, they have a physical development area that supports the teaching of PE on a daily basis. In KS2 we also include specific sports, including swimming. The topics covered in PE fall under the following project drivers (broad categories):

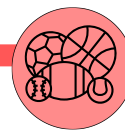
Project drivers



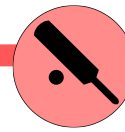
Multi-skills



Net & Wall



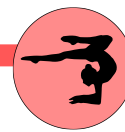
Invasion Games



Striking & Fielding



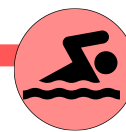
Athletics



Gymnastics



Dance



Swimming (KS2)



### Developing Key Skills

We recognise that there are a number of skills that children learn in PE. However, we have identified some that we feel are key skills. These are transferable across different aspects of PE and different age groups. Our key skills also link well with our School Values, and these links are identified below. This clear link ensures that when children take part in School Games and events outside of school, our key skills have prepared them well for the six values.

Key skills



Persevering



Collaborating



Reflecting



Communicating



Responsibility

Values link



RESPECT



EXCELLENCE



FRIENDSHIP



COURAGE



DETERMINATION



INSPIRATION



EQUALITY



### Strong Foundations

PE in Nursery takes place daily within our tailored provision and in the form of physical activity. Children learn the beginnings of fundamental movement - Agility, Balance and Co-ordination. Exploring fundamental movements prepares children for Reception, where the Real PE scheme begins and fundamental movement is embedded in all units.



# Implementation (continued)



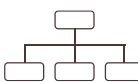
## Specialist coaches

At Waterside, sports coaches are used to enhance the teaching of PE. BEE Active carry out most PE lessons for year groups R-6. Nursey have outdoor provision daily where they practise and develop their physical development skills.



## Healthy competition

At waterside primary we provide opportunities for all children to take part in outside school competitive events. It may be as a year group or specific teams are chosen to attend. We expect children to demonstrate our key skills and school values when engaging in competitive sport. During PE lessons we reinforce the need to show our values to others and this shines through when we attend competitions.



## Clearly Structured Learning

All PE lessons follow a clear lesson structure to ensure consistency. Lessons begin with a Warm Up activity prior to particular skills being taught. These skills are linked to a key concept and a fundamental movement. Once skills have been taught, children apply them to games or routines before reviewing their performance.

Warm up

Skill

Application

Review



## Daily Movement

30 minute lunch – active activities timetabled  
KS1 – Morning/afternoon 15 minute breaks free time  
KS2 – Morning 15 minute break free time  
Reception – outdoor provision throughout the day , 30 minute lunch free time



## High quality equipment

All Staff have access to a range of equipment to support PE lessons and during play times. Equipment is monitored by the PE leaders and stored in a central place in both schools. Children are shown how to use equipment correctly and safely and they benefit from having access to a wide range of resources.



## Strong Vocabulary Development

The vocabulary used in PE is consistent across year groups and any new vocabulary is explained to the children. Where possible, vocabulary is displayed in PE lessons (particularly in the Halls). Children also benefit from stem sentences to support them in reflecting and evaluating their performance or the performance of others.



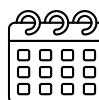
## Use of large apparatus

We are fortunate in both schools to have large apparatus for Gymnastics teaching. A risk assessment has been carried out on all equipment that staff have access to when needed. Children are shown how to use the apparatus safely and supported at all times. We believe the use of apparatus enhances the teaching of Gymnastics and in Year 6 helps prepare children for KS3 PE.



## Wider Sport Opportunities

We provide opportunities for children to engage in sport during and after school. Occasionally, these sports offer opportunities to engage in wider competition (e.g. dance festivals).



## Timetabling

In reception we do a 45 minute PE lesson and PD provision daily. In YR 1 and 2 they have 2, 45 minute PE lessons a week. In YR 3-6 we have 1, 45 minute PE lesson a week and take part in daily fitness, which is up to 15 minutes. An additional Gymnastic PE session will take place for each class for 1 half term.



## Impact - How will we know we have achieved our aims?



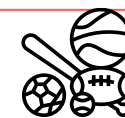
Our high expectations and inclusive practice ensures all children participate in PE, ensuring positive attitudes.



Children engage positively in PE lessons and are motivated and challenged to improve their skills.



Children explain the benefits of leading healthy lifestyles, and they make healthy choices by engaging in active lunchtime activities and eating healthily in school.



After school clubs are offered to all children and they can volunteer to attend these.



All children engage in competition within and outside school, and they demonstrate our key skills and foster our core values.