

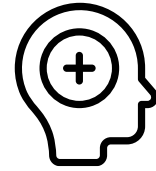
At Waterside Primary we know that PE is a fundamental part of the curriculum that promotes not only physical agility but core values.



Intent - We aim to...



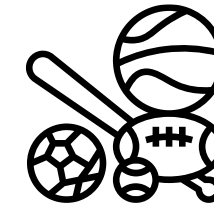
Ensure children are engaged in PE regardless of ability or need.



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



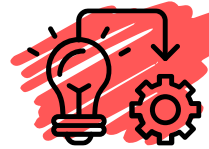
Encourage children to lead healthy and active lifestyles by providing health knowledge and promoting the benefits of healthy living.



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



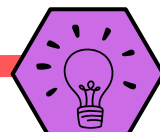
Personal



Physical



Cognitive



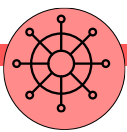
Creative



A consistent approach

At Waterside, from YR 1 we follow Bee Active Scheme of work. We work closely alongside Bee Active to ensure full coverage of all key units. In Nursery and reception, the children have access to the outdoor area which provides exploration of physical development and supports the teaching of PE on a daily basis. They also have a 1 hour taught PE lesson weekly. KS1 and 2 have an additional 45minutes of PE taught by the class teacher covering additional topics.

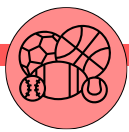
Project drivers



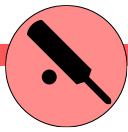
Multi-skills



Net & Wall



Invasion Games



Striking & Fielding



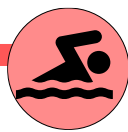
Athletics



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

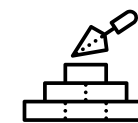
FRIENDSHIP

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 fundamental movement are embedded in all units.



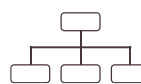


Implementation (continued)



Specialist coaches

At Waterside, sports coaches are used to enhance the teaching of PE. BEE Active carry out PE lessons for year groups 1-6. Nursey and reception have outdoor provision daily where they practise and develop their physical development skills and a 1 hour PE lesson with the class teacher.



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. Lessons end with a 'cool down' and a chance for children to reflect on their learning.

Warm up

Skill

Application

Review



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.



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, competitions, events).



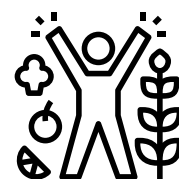
Impact - How will we know we have achieved our aims?



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.



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.



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



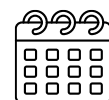
High quality equipment

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.



Use of large apparatus

We are fortunate to have large apparatus on the outdoor playgrounds for children to use freely and in PE lessons. We also have gymnastics equipment. 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.



Timetabling

In reception we do a 45 minute PE lesson and PD provision daily. In YR 1 - 6 they have 2, 45 minute PE lessons a week and take part in daily fitness, which is up to 15 minutes.