



Physical Education at Wheatcroft

"Exercise activates your brain and gives you energy for everything else," Darcy Bussell



Through physical activity, children are enabled to develop healthy bodies and healthy minds.

Our intended aims are to:

- encourage children to develop their own physical skills, agility and co-ordination.
- promote healthy, physically active lives and encourage children to be physically confident and active for sustained periods of time.
- enable all children to develop competence and excel in a broad range of physical activities.
- provide opportunities for children to engage in competitive sports and activities.
- foster attitudes such as co-operation, self-respect, leadership, self-discipline and respect for others.
- develop skills, attitudes and attributes that can support learning in other subjects and that are needed for life and work.

How we intend to implement this:

- PE is taught in all classes every week and planning enables children to develop fundamental movement skills and develop competence in a broad range of physical disciplines in each year group.
- In the foundation stage, physical development is a prime area of learning and development. Children are encouraged to develop their physical literacy through their own play and adult led activities.
- In Key Stages 1 and 2, there are two PE sessions timetabled for each class each week, ensuring at least two hours of physical activity for all children.
- Planning from 'PE Planning' is used and ensures a planned progression of skills through the school.
- In Key Stage 1, children learn to master fundamental movement skills and are given opportunities to engage in a wide range of competitive and co-operative physical activities.
- In Key Stage 2, children continue to develop and apply a broader range of skills and participate in a wider range of sports, games and other physical activities. They are also encouraged to evaluate their own performance in order to learn how to improve and recognise their own success.
- A term of swimming sessions is offered in Years 4 and additional sessions are provided for year 5 and 6 where children are not swimming competently or confidently over a distance of 25 metres.
- Children are encouraged to understand physical activity as an important part of a healthy lifestyle.
- Aspects of safety are explained and children develop their own abilities to assess risk as they progress through the curriculum.
- Extra-curricular activities, such as sports clubs and Zumba, are provided in Key Stage 2, offering opportunities for more advanced coaching and participation in inter-school sports competitions.

How we intend to measure impact:

- Through 'pupil voice', children are able to talk positively about their physical education, their enjoyment of it and the impact it has.
- Learning in PE is built on progressively and end of unit assessment, measures achievement against intended learning outcomes within taught units.