



Welsh House Farm Community School & Resource Base



Physical Education

Intent

At Welsh House Farm Community School, we recognise the importance PE plays in the curriculum and are committed to providing all children with opportunities to engage fully in Physical Education. The aim of our PE programme is to develop children's basic physical competencies, build confidence in their ability and build the foundations for a lifelong love of sport, physical activity and a healthy lifestyle. PE lessons encourage children to compete against themselves and others whilst being challenged to improve their physical, social, emotional and thinking skills. These skills are embedded in the heart of our planning. Our objectives in the teaching of PE align with the National Curriculum in that we aim to ensure all children:

1. Develop competence to excel in a broad range of physical activities
2. Are physically active for sustained periods of time
3. Engage in competitive sports and activities
4. Lead healthy, active lives

PE and sport is a fundamental part of the student curriculum at WHFCS, it is extremely popular and delivers a platform for the students to be “Inspired to grow and flourish”. An extensive, detailed curriculum allows the students to experience a wide range of sports, and develop life skills to allow them the chance to flourish in competitive situations and attain knowledge of a healthy physical lifestyle. The learning and teaching of Physical Education at WHFCS aims to develop children’s knowledge of a healthy body, and how physical activity contributes to a balanced healthy lifestyle. PE provides opportunities for children to develop intellectually, socially, emotionally and physically through a range of team, group and individual experiences and opportunities.

Our aim is to inspire children through sport, and we give them a range of sporting opportunities and experiences. We aim to ensure all our children have the opportunity to represent the school in intra-school sport competitions and compete in our inter-school sports competition. At WHFCS, we encourage children to participate in out-of-school sports activities, and we celebrate their achievements and success.

We ensure all students have access to sporting experiences, including providing them with the opportunity to attend events and witness top-level athletes competing in a range of sports, as well as providing them the chance to meet and learn from athletes who are top of their sporting field. Also to participate in activities run by outside agencies and professional clubs to ensure that every student has a positive experience of sport.

Primary school experiences are pivotal to the children’s future perception of physical activity, and we believe that children leave our school equipped to enjoy sport, as well as understanding its health and social benefits. For those who relish the competitive element, they gain the skills, confidence and relevant experience to succeed at their chosen level and develop discipline in order to progress.

Implementation

- Within PE at Welsh House Farm, we put a lot of emphasis within the curriculum of the students enhancing their individual and team skills with the focus being: Inspiring them to grow and flourish.
- PE will be utilised at EYFS to reinforce learning through play, this is broken down to skill and decision making strands.

- PE within Key Stage 1 will have an emphasis on mastering basic movements including; running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities whilst maintaining the emphasis of enjoyment.
- PE within key stage 2 students will start to develop their own identity in sport, whilst building a teamwork ethos. They will start to develop a knowledge of how exercise has an impact on their body and become more innovative with their work. They will start to apply learnt skills to competitive situations and take leadership within their own ability. Students will be encouraged to develop their knowledge in a physical, cognitive, affective, social and healthy learning domain. This will be achieved via a high quality provision, providing opportunities to develop physical confidence, understanding of health, fitness and values via competition in; Invasion games, athletics, net/wall, gymnastics, dance, Striking and Fielding and Outdoor Education. Participation and learning through the physical element of PE is a focus, however we provide opportunities for students to develop in their leadership skills taking on roles such as a coach, official or activity organiser.
- We assess students each term, with a bespoke assessment package, which tracks progress throughout the year in two strands of our PE curriculum - Skill and decision-making. The emphasis of our PE curriculum is inclusion for all students regardless of sporting ability.
- We provide suitable learning opportunities for all students, including those with SEND.
- A qualified Primary PE specialist teaches all the students.
- Students in Years 2, 3,4,5,6 all attend Swimming lessons for one term each year to ensure they achieve their swimming target the end of year 6.
- We promote both participation and competition through P.E and sport. We ensure all students experience competition at some level, individually or in a team, within lessons.
- Students participate in workshops/whole school events, sourced by School and delivered by outside providers, covering a variety of sports throughout the year. Providing the students with an opportunity to experience new activities, learn new skills, and improve their fitness and to try something new.
- All students in KS1 and KS2 have the opportunity to participate in extra-curricular sports activities throughout the year before both school and afterschool.
- We offer a residential OAA experience for students in Years 4 and year 6 each year.
- We have an annual Sports Day for students from Nursery to year 6 and including our resource base with the emphasis on participation and achievement for all.
- All students participate in whole school weekly sessions of “The Daily Mile “to promote health, fitness, mental wellbeing and personal challenge and resilience. Students compare their performances with previous ones and strive to improve their personal best. Competing with others nurtures a sense of team spirit and cooperation amongst our children.
- Students are encouraged to stay active at break time and lunchtimes by accessing a variety of equipment to use and playing within the intra school competition the Welsh cup.
- All Year 2 and year 5 students can become Play Leaders for the school. The Play Leaders develop into sporting role models for the younger students, assisting with and organising games at break times. Nominated members of the Sport Crew meet with Mr Jones to develop our work as an active school along with helping to make decisions about whole school events.
- Students are invited to attend competitive sporting events and festivals within the local area and beyond. This is an inclusive approach, which endeavours to encourage not only physical development but also mental well-being. These events develop teamwork and leadership skills and enjoyed by students in KS1 and KS2 and SEND students.

Impact

At Welsh House Farm, we ensure that our PE curriculum is progressive and inclusive and allows all students the opportunity to acquire and develop fundamental knowledge, understanding, skills and techniques and apply these to a wide variety of different sports and activities. We aspire for students to enjoy PE and develop a love of sport and physical activity, which becomes part of their future life. PE lessons are fun, enjoyable and challenging and all students can achieve, to the best of their ability, in a supportive, safe and stimulating environment

PE promotes an understanding in students of their bodies in action. It involves thinking, selecting and applying skills, and it promotes positive attitudes towards a healthy lifestyle. Thus, we enable the students to make informed choices about physical activity throughout their lives. Students understand competition, teamwork and the sporting values of friendship, courage, excellence, determination, respect and equality and these become embedded in their lives to promote a healthy perspective and sense of fair play which will continue to develop and blossom throughout primary school and the rest of, not just their learning journey, but their lives.

The impact of our curriculum design will lead to outstanding progress in their performance, competition and social and mental development. Students will therefore be expected to leave Welsh House a well-rounded individual physically, socially and mentally and will have reached at least their expected level in PE. We hope the students will understand the importance of physical activity, sport and PE and motivate the students to become confident, resilient and disciplined, so that they become independent and take responsibility for their health and fitness throughout their life.

All students are provided with the necessary skills and given opportunities to demonstrate improvement to achieve their personal best. Our students are physically active, and this has a positive impact on their learning in the classroom. Students understand how to lead a healthy lifestyle and understand the importance of regular exercise. They leave primary school with the skills to competently swim at least 25m and have the skills to self-rescue in the water, which are key life skills. We aim for our teaching of PE to have a great impact on the lives of our children not only through the development of the whole child physically & socially.

As a result of our broad and balanced curriculum offer, we envisage the students will become skilful, intelligent performers who can apply their physical, social, cognitive and emotional skills gained through PE to be effective leaders, communicators and team players in all areas of their lives.

- They will gain and develop skills performing with increasing physical awareness.
- They will learn how to select and apply skill, tactics and compositional ideas to suit activities that need different approaches and ways of thinking.
- To develop ideas in different ways and show creativity and understanding of the principles of the sport/ skills learned.
- Understand what it takes to persevere succeed and acknowledge the success of others.
- Respond positively to a variety of challenges being resilient and determined in the process.
- Take initiative, lead activities and focus on improving performances.
- Develop competence to excel in a broad range of physical activities.
- Lead healthy active lives
- Develop positive attitudes to participation in physical activity
- Engage in competitive sports and activities
- Embed the values of fairness and respect.
- Through student voice, children talk enthusiastically about PE lessons and confidently talk about why PE is important. They enjoy active lessons, break, and lunchtimes contributing to a healthy outlook.
- Students can link skills techniques and ideas and apply them accurately and appropriately. Pupils show good control in their movements.
- Students can compare and comment on skills, techniques and ideas that they and others have used,
- Students use observations to improve their work.
- Students can explain important safety principles when preparing for exercise.
- Students can explain what effect exercise has on their body and why it is important

The pupils' progress is evident through intra and inter competitions such as the Welsh cup. They also take part in a Girls and Boys Harborne Football league, Netball league and Basketball league. They regularly compete within a wide range of School games competitions as well as indoor and outdoor Athletic events. Their understanding of their roles within games is evident, applying tactics and show casing their skills using such events to thrive and learn from.