

Willoughby Primary  
School

**'Learning for Life'**



## PE Curriculum Statement

### INTENT

Rationale:

At Willoughby Primary School, we believe that all pupils can succeed in PE. We strive for every child to not only develop their fitness and understanding of sports, but to gain pleasure and enjoyment from each lesson and activity that they participate in. We endeavour to continuously develop every child's skills and abilities across a range of sports and games. We strongly believe that all can achieve no matter what their physical and/or behavioural needs may be.

We passionately believe that through participation in sports and exercise at Willoughby, pupils will simultaneously acquire knowledge of sports whilst enhancing their health and fitness. From the foundations of core skills developed in the early years, to competition level sports within years 5 and 6. Each year offers the opportunity to build upon prior knowledge and the successes of the years before.

Ambition:

Our intention is to:

- Teach pupils how to live healthy lifestyles and make healthy choices
- Encourage pupils to develop fitness through participation in PE lessons, clubs and the Willoughby 'Fit To Learn'
- Enhance pupils' outcomes
- Implement expert sports coaches to deliver some PE lessons and extra-curricular clubs
- Instil a love of sport and exercise that will stay with the pupils for life
- Ensure pupils benefit from effective use of the Sports Premium
- Ensure all children leave school able to swim 25 meters confidently and safely.

### IMPLEMENTATION

Subject Leadership/Subject Knowledge:

- Pupils will have knowledge to make healthy choices
- Pupils will be more likely to have a healthy snack and lunch
- Pupils will be encouraged to exercise and see it as fun
- Pupils will participate in regular PE/sports sessions
- Pupils will experience a variety of sports activities
- Participation will be increased
- Money will be spent effectively

- Link Governor will have a good understanding of standards and current areas of development

Equitable delivery:

Throughout the year, each class will be given the opportunity to participate in a range of sports, games and activities. An example of some of the classes can be seen below:

	Autumn	Spring	Summer
Class 1	Fundamentals/ Team games Swimming	Gymnastics/ Drumba/ Fundamentals	Ball skills/athletics/ Team games
Class 2	Football / Indoor Athletics/Tag Rugby Swimming	Dance/Drumba/ Bench ball/Hockey	Rounders/Cricket/ Athletics

In addition to this, we are passionate about developing a good understanding of a healthy lifestyle, which requires a good knowledge of a healthy diet and how our body works.

Therefore, we will be continuously discussing and promoting such knowledge in every stage of the children's school lives.

#### EYFS:

Develop fundamental skills; focussing on directional movement and the ability to manipulate objects for a purpose; beginning to look at ball skills and simple techniques, from hand-eye coordination to moving over and around obstacles with success; collaborating with others with a purpose and understanding the world around them.

#### KS1:

Continue to develop fundamental skills. Beginning to participate in a range of different sports and mini games; looking at the small skills needed to participate; developing skills such as throwing, catching, balance, strength and fitness; getting involved in team games where teamwork is key to success; breaking down the fundamental skills required for the sports that they will participate in in the future; beginning to play competitively and start to understand the meaning of good sportsmanship.

#### LKS2:

Developing the understanding of the body and how it works; understanding the importance of warming up, cooling down and stretching; discussing the importance of a healthy diet and exercise to fuel the body; moving into more competitive sports and games where they can adapt their skills and prior knowledge at a higher level; increasing core skills and fitness as the years progress.

#### UKS2:

Now at a more competitive level, lessons are structured to hone skills, learn techniques and adapt knowledge of games into real life competitions. Discussions of

good sportsmanship is also key here. Development of speed, stamina, strength and balance continues as it is vital for the competitive nature of inter-school competitions which they will be taking part in.

All pupils participate in a block of swimming lessons every year.

## **IMPACT**

The benefits of our PE programmes are:

- Enhanced skills, understanding and physical ability across a range of sports
- Improved understanding of health and fitness and the importance of a balanced diet
- Increased enjoyment and participation across the school