



The Whitchurch CE Federation

The Healthy Me – Physical Education



“Always train hard, work harder, never give up, never give in and believe in you” Marcus Rashford

Intent

At The Whitchurch Church of England Federation, we believe that every child should have the opportunity to take part in physical activity on a regular basis and become more physically confident and competent. We intend for all children to develop their desire, confidence and passion to participate in sport and physical activity which they will continue into their later lives. All children will learn to develop the important qualities of resilience, perseverance and team work through physical education.

PE is incorporated in the 'Healthy Me' driver promoting wellbeing, physical fitness and spirituality intrinsically.

We will ensure that all pupils develop the fundamental skills and competence to excel in a wide range of physical activities by providing a broad & balanced curriculum with opportunities for all to be enjoyed.

Implementation

Our PE curriculum is designed to both fulfil the requirements of the National Curriculum for Physical Education, and to provide experiences that engage, inspire and motivate all children here at The Whitchurch CE Federation.

We plan a high quality PE curriculum which develops physical literacy and allows pupils to learn about themselves, the importance of a healthy lifestyle, self-expression and concepts such as fair play and respect. Our PE curriculum is inclusive and ensures that pupils of all abilities access a range of activities and that they are physically active for sustained periods of time in order to encourage them to lead healthy, active lives.

We use PE Passport to support our PE planning, and units of work are progressive. Children build upon the skills they learned in the previous year. We recognise that PE teaching may need repetition and development, therefore Fundamental Skills are repeated through EYFS to Year 2. These skills are developed through Multi-skills in KS2 enabling children to develop and reinforce their understanding of Physical.

Education in order to improve.

Throughout Physical Education lessons, pupils will learn key skills and life lessons. For example, these include resilience, sportsmanship, learning to lose and perseverance. In Key Stage 2 we introduce competitive games and activities to help build self-esteem. Children will learn what it is like to be part of a team, how to work together and how to win/lose with grace and sportsmanship.

Pupils learn a range of, and take part in, different sports and activities throughout their time at The Whitchurch CE Federation. This increases their knowledge and understanding on the rules and tactics involved in each game. Physical activities include dance, games, gymnastics swimming and water safety, athletics and outdoor adventure activities.

Impact

We aim for all our children to have secured age-related skills and knowledge before they leave our Federation. This equips them with the ability to successfully prepare for a healthy and physical life ahead in which they can make informed choices about physical activity and healthy lifestyles. In addition to this we strive for our children to be knowledgeable about healthy competition, team building and resilience in the wider world.

The impact of our Physical Education curriculum can be measured and monitored in a variety of different ways including; learning walks, lesson visits, PE Passport scrutiny, data analysis and tracking and pupil voice. It is the responsibility of the subject leader to triangulate this evidence to ensure consistency across the whole Federation.