

PE at Whinmoor St Pauls Primary School

Vision



Our Physical Education Vision

A life-long love of sport and an active lifestyle is what we inspire to achieve. At Whinmoor St Paul's, we believe passionately in a progressive and inclusive P.E education for all children. Alongside our high-quality teaching and 30:30 passports we have shown that we are highly effective in improving the levels of fitness of all our pupils. Our sporting events have been open to all of our children thus developing their hearts and minds through physical activity. Our rich and well-rounded P.E curriculum creates opportunities for all our children to be encouraged and inspired to become young champions. We inspire our children to engage in team games and competitions against other schools, take part in workshops with Team GB and local athletes which has taken them out of their comfort zones and enabled them to learn new skills and enjoy new challenges. The majority of our children who have taken part in a sports club this year, have developed their, fitness, team work, resilience and self-confidence. Each year we challenge all of our children to take part in a Dance Festival, again creating cross curricular opportunities for inclusion, making them feel valuable in a safe environment.



<p><u>Early Years Outcomes</u></p> <p>The main Early Years Outcomes covered in the Games units are:</p> <ul style="list-style-type: none"> • Shows increasing control over an object in pushing, patting, throwing, catching or kicking it. (PD – M&H 40-60) • Children show good control and co-ordination in large and small movements. (PD – M&H ELG) • Negotiates space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles. (PD M&H 40-60) • Experiments with different ways of moving. (PD M&H 40-60) • They move confidently in a range of ways, safely negotiating space. (PD M&H ELG) 	<p><u>KS1 National Curriculum Aims</u></p> <p>Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations. Pupils should be taught to:</p> <ul style="list-style-type: none"> • master 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; • participate in team games, developing simple tactics for attacking and defending; • perform dances using simple movement patterns. 	<p><u>KS2 National Curriculum Aims</u></p> <p>Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success. Pupils should be taught to:</p> <ul style="list-style-type: none"> • use running, jumping, throwing and catching in isolation and in combination; • play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending; • develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]; • compare their performances with previous ones and demonstrate improvement to achieve their personal best.
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Intent Implementation and the impact of Physical Education at Whinmoor St Pauls

Intent

To participate in out of school competitions.
To increase the amount of children being physically active.
To ensure most people take part in competitions by the time they leave year 6.
To ensure staff and NQTs are confident in following and implementing PE planning.
To provide opportunity for children to learn how to cooperate and collaborate with others as part of an effective team, understanding fairness and equity of play to embed life-long values



Implementation

- To take part in friendly matches with other schools out of the cluster.
- To take part in a wider range of competitions.
- Tailored after school and PE sessions towards competitions.
- Promotion of after school clubs increasing the participation for all years.
- Mini competitions within key stages in the summer term hosted by the G&T
- Daily mile
- Foundation stage children using gross motor skills across a broad range of activities.
- Brain breaks in class using Go noodle and yoga bugs
- Community Zumba lessons/ Yoga lessons to support the communities physical and mental health.
- Yoga sessions for mindfulness.
- Lunchtime assistant training on implementing physical activity on a lunchtime- ensuring that all children are physically active
- Cohort lists to track the participation of the children going to competitions. Update with afterschool club, workshops and competition participation.
- Parent and pupil questionnaires.



- Staff knowledge audit.
- PE Lead supporting the ECTs
- Staff training with PE hub working alongside Leeds SGO's for all years
- CPD opportunities for teachers online and opportunities for staff to attend for HQT.
- Team teaching with PE leaders.
- PE assessment to be brought inline with PE hub and national curriculum expectations.
- For all new members of staff ensure they understand the planning.
- LTP outdoor planning to have a range of activities- collaborated with teachers. Skills and a basic structure given to the staff to recognise progression and to aid their outdoor planning.
- Outdoor planning format edited by PE coordinators to link with assessment and the 4 part planning sequence.
- Team sports- at playtime and lunch times with supervision.
- To continue to participate in competitive sporting events within the local area. This is an inclusive approach which endeavours to encourage not only physical development but also mental well-being. These events also develop teamwork and leadership skills and are very much enjoyed by the children.



Impact

- To wider range of competitions for the children to take part.
- Certificates for children who take part in sporting competitions.
- Children to become sports leaders and inspire other children to be proud of leading others and supporting the schools ethos and vision of physical activity in school.
- Photos to go on display from teams and competitors who took part.
- Healthy School for all children and families- educating them on the importance of being fit and healthy.
- More children involved with physical activity on a lunch time
- Most children in school will leave Whinmoor St Pauls having had experience in a sporting competition.
- Staff providing a high quality PE lesson weekly following the LTPs which will inspire children to continue with their sport participation out of school and beyond school years.



- Children to work as a team, participate in competitive events and represent our school.