

# PE Curriculum Statement

## PE Intent

At Whitefield we like to keep mentally and physically fit!! We want our children to love physical education and sport. We want them to have no limits to what their ambitions are and grow up wanting to be personal trainers, nutritionists, sports journalists or gold medal winners.



At Whitefield Primary School, we aim to ensure that every child has the opportunity to access at least 60 minutes of physical activity a day, while covering all aspects of the PE national curriculum. We believe, through experiences and a broad, balanced and progressive curriculum tailored to all children, they will continue to have the motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for their engagement in physical activity, sport and PE.

Our intention is to develop a lifelong love of physical activity, sport and PE for every child at Whitefield. We help all children to make rapid progress in their physical, social and mental development. This helps them maintain a positive physical and mental outlook for the future.

## PE Implementation

- Children at Whitefield undertake weekly PE sessions, taught by a PE specialist.
- Our use of an in-house PE specialist ensures that our children receive quality first teaching in all year groups.



- All children have access to an inclusive and progressive curriculum that focuses on a whole child approach which allows every child to make progress and develop.
- All lessons are planned using GetSet4PE. The lessons focus on skill development through motor competence, healthy participation and through the teaching of tactics, strategies and rules.
- Lessons start with recaps to promote memory and allow the children to see their progress and where their learning is going, lessons promote core declarative and procedural knowledge and focus is placed upon language development.
- A progression of skills is used with each year group, which enables pupils to build on and develop their skills each year for each area, with regular assessments each lesson using the online assessment tool. T
- Our lunchtimes at Whitefield are an important time for children to engage in physical activity through purposeful play and for all children to access the opportunity to engage in at least 60 minutes of physical activity a day.
- All children at Whitefield have access to a variety of extracurricular activities such as after school clubs every day and tournaments.

- Children have the opportunity to participate in a wide range of competitions ranging from boccia to hockey. The competitions are provided by LFC Foundation. Our participation and success in sporting events raise the profile of PE further and creates even more enjoyment of physical activity. This links in with our intent of allowing all our children to be physically active for life and understand the benefits of this.
- Children in Year 3 - 6 participate in a swimming curriculum for 10 weeks a year. This is essential in teaching them this important life skill as well as life saving techniques.

## EYFS

The Early Years Foundation Stage Curriculum and carefully planned provision are designed to support children's physical development. We offer daily playful opportunities for children to engage in physical activity both in and outdoors. Our children have access to free flow play for sustained periods of time and are encouraged to use our large outdoor environment including our urban forest, mud kitchen, water wall and large sandpit. We access this environment all year round and in all weather conditions to support the development of gross and fine motor control, balance, coordination, confidence and problem solving skills. We explore meditation, yoga, massage and relaxation techniques and share a range of healthy snacks to develop our understanding of the importance of a balanced and healthy lifestyle.



## PE Impact

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

