

# Wooler First School Physical Education

## Intent

At Wooler First School we provide children with a broad and balanced Physical Education curriculum, which follows the skill based focus of the National Curriculum. The intent of teaching Physical Education is to give children the tools and understanding required to make a positive impact in their own physical health and well-being. We want all children to experience a wide variety of sports and physical skills which will enhance life-long fitness and life choices. PE can challenge and promote self-esteem through the development of physical confidence and problem solving. It can teach children to cope with both success and failure in competitive, individual and team based physical activities. We are passionate about the need to teach children how to cooperate and collaborate with others, as part of a team, understanding fairness and equity of play to embed life-long values.

## Implementation

PE at Wooler First School is taught by a combination of class teachers, PE specialists and qualified sports coaches. Children have equal opportunities to take part in a range of sports and physical activities within a supportive environment where effort as well as success is recognised. Children are encouraged to participate in exercise through-out the day during PE lessons, swimming, after school clubs, forest school, outdoor learning, lunch provision and special events.

Our PE curriculum is structured to provide a range of sports experiences during which every child participates to develop their skills and learning through competitive, team and individual sports. Through our provision children can aim to flourish at sports in which they have a particular interest or flair for. Children with additional needs are provided with appropriate support to enable them to take part and gain confidence in skills, understanding and motivation.

We teach the National Curriculum, supported by a clear skills and knowledge progression. This ensures that skills and knowledge are built on year by year and sequenced appropriately to maximise learning for all children. Children gain experience of a variety of fundamental skills. This has a focus on agility, balance, coordination and fitness. Children take part in individual skills, group skills and team games, using PE equipment appropriate for their age. Children have weekly swimming lessons beginning in Reception..

In addition to PE in curriculum time, we strive to provide opportunities for children to access physical activity through a wide range of sporting and active clubs such as: football, cricket, circus skills, rugby, yoga, gymnastics and dance. We have also given children the opportunities of trying different sports including skateboarding, hula hooping, dance, tennis, football skills, multiskills and skipping. We encourage active playtimes through the use of playground leaders and in KS1 active maths and English lessons.

## Impact

All children at Wooler First School receive a broad and balanced PE curriculum regardless of year group or ability. Every child accesses all of the key areas of the subject on offer at our school. PE is planned with clear progression of skills and knowledge that we have devised as part of our curriculum offer to ensure that all children access it at an age appropriate level. Festivals and competitions ensure our children have the opportunity to take part in a range of sports both in and outside of school whether that be at a competitive or non competitive level. Wooler First School have achieved a School Games silver award for 2018/19 and are working towards a gold award.

