



Physical Education

Intent

At Westfields Infant School, we want children to develop the knowledge, skills and competencies to access the next stage in their learning. In addition to this, we actively encourage and motivate the children to develop positive attitudes, skills and habits so that they are well equipped for the future.

At Westfields Infant School, we believe that high quality physical education (PE) enables every child to develop knowledge, skills and vocabulary through a broad range of sporting activities, as well as developing values and transferable life skills such as fairness and respect. We aim to make the children's experience of PE positive and motivating and we want to inspire active children who are aware of healthy lifestyles, enjoy physical activity, encourage each other and achieve.

Through our PE curriculum and our extended curriculum opportunities, children develop gross motor skills as well as the fundamental movement skills of balance, agility and co-ordination. Our PE curriculum aims to support all children to become physically confident, whilst supporting their health, well-being and fitness.

At Westfields Infant School, our PE curriculum has been developed based on the area of learning of Physical Development within [Statutory Framework for the Early Years Foundation Stage](#) and the [National Curriculum for Physical Education](#).

The National Curriculum for Physical Education aims to ensure that all pupils:

- develop competence to excel in a broad range of physical activities;
- are physically active for sustained periods of time;
- engage in competitive sports and activities;
- lead healthy, active lives.

Implementation

At Westfields Infant School, the PE curriculum is taught through the Val Sabin scheme, which meets the National Curriculum, ensures a range of activities and opportunities are experienced and ensures progression during the year and across year groups. The scheme provides a strong basis of what is expected however, teachers adjust and change lessons to suit the needs of their individual classes.

Children within Reception undertake a range of daily physical exercise within their classrooms, continuous provision areas and structured weekly PE sessions.

In Key Stage 1, each class has access to 2 hours of high-quality PE lessons every week. Lessons are taught by the class teacher and each week children have an indoor lesson and an outdoor lesson. Children receive lessons in gymnastics, dance, games and athletics and they are given the opportunity to practise skills in a variety of ways with each lesson building upon the previous skills,

allowing time to embed them. Different skills are recapped throughout and across the years, each time they are being built upon; allowing children to know more and remember more.

Through the year, we provide our children with a range of sporting opportunities to enrich our PE curriculum and develop children's interests and talents. These include sporting afterschool clubs, an annual Sports Day, a fundraising 'Colour Run' and opportunities to participate in sporting events offsite e.g. Multisport events at local schools and District Sports at Aldershot Stadium.

We are well-resourced with two playgrounds, an extensive school field and our all-weather running track is used daily to help promote good physical and mental health. Children are provided with a range of equipment to use during break and lunchtimes to encourage active playtimes.

Impact

The impact of our PE learning can be seen during lessons, during playtimes, at sporting events and by speaking to the children themselves. We measure the impact regularly through:

- Whole class and verbal feedback
- Recapping prior learning at the beginning of each lesson and plenary activities
- Teacher assessment, self-assessment and peer assessment of learning
- Completion of the PE Assessment document at the end of each unit, identifying children not achieving expected standard and those exceeding
- Subject monitoring e.g. pupil conferencing and planning monitoring

By the time our children leave Westfields Infant School, they will be motivated and will demonstrate this when participating in a variety of sports which are active, engaging and fun. They will be able to utilise the skills and knowledge that they have acquired in PE lessons. They will have developed an awareness of, and developing responsibility for their own health and fitness. In addition to this, through the experiences and opportunities on offer to them, they will have developed an enjoyment of sport and physical activity leading to a happy and healthy life.