



Willow Bank Infant School

Vision and Rationale for PE

The PE Curriculum

Our Vision: What we want to see in the future

At Willow Bank Infant School, P.E is an integral and valued part of our curriculum. We understand that P.E is not only vital for promoting good physical health in our children but essential for helping to support their emotional and mental well-being.

We aim to provide an inclusive curriculum which can be accessed by all of our children; a curriculum which children not only enjoy but that helps to develop their confidence and resilience and promotes positive attitudes to physical activity.

Our curriculum builds upon our children's natural enthusiasm for physical activity by developing their fundamental skills in movement, balance, agility and co-ordination to help them access and excel in a broad range of sporting activities. We will provide all children with the opportunity to experience a variety of co-operative and competitive team games both in and out of school, equipping them with the skills necessary to achieve and succeed whilst embedding important values of fairness and respect. For example, our children enjoy an annual Sports Day during the Summer Term and we take part in Woodley Sports week as part of the Bulmershe School Sports and Partnership with Wokingham.

We want to inspire our children to live healthy and active lifestyles by providing opportunities for our children to engage in daily physical activity, outside of lesson time. Our children have the opportunity to take part in a 'Daily Mile', where each child will have the opportunity to either walk or run a mile, ensuring that they are taking part in at least 15 minutes sustained physical activity every day.

Intent

Our PE curriculum at Willow Bank will help children:

- To develop positive attitudes to participation in physical activity.
- To develop personal qualities in physical activities and competitive situations such as commitment, fairness, playing to the rules and team spirit.
- To enjoy being active, taking part and learning new skills through a varied curriculum and through the extracurricular activities on offer.

- To respond to a variety of challenges in a range of physical contexts and environments.
- To master basic movements such as running, jumping, catching and throwing and begin to apply these in a range of activities with increasing physical competence and confidence.
- To participate in team games and begin to develop simple tactics for attacking and defending.
- To become more skilful their movements and develop their co-ordination, balance and agility.
- To perform dances using simple movement patters; using movement imaginatively to communicate ideas and feelings.
- To develop their ideas in creative ways
- To be able to plan their own work given specific criteria to work from.
- To build children's movement vocabulary in order that they can use language to evaluate each other's work.
- To be able to work co-operatively within a range of different spaces and group situations.

Implementation:

PE teaching at Willow Bank will:

- Be taught twice weekly with an experienced coach from 'Get Active' and the class teacher. There will be daily opportunities for physical development in the Foundation Stage.
- Be progressively sequenced, drawing and building upon prior knowledge and skills. Units are planned to meet the requirements of the National Curriculum.

- Be structured, so that lessons will provide opportunities to practise, adopt and improve movement competencies by encouraging children to evaluating their own and others' performance.
- Enable children to develop both skills and provide opportunities to apply these skills through performances or team games.
- Be practised safely, ensuring that children and adults adhere to health and safety procedures.
- Make cross-curricular links with other curriculum areas wherever possible.

Additional opportunities for Physical Activity at Willow Bank:

- Children take part in the 'Daily Mile' – ensuring that each child takes part in at least 15 minutes of sustained physical activity a day.
- Children are invited to take part in sporting events outside of school, such as the 'Woodley Sports Week'.
- Lunch time staff are trained to run positive play sessions and sports activities for children and children have the opportunity to join in with these games daily to encourage children to establish a healthy lifestyle.
- After school clubs are available including; gymnastics, multi-skills, football and yoga.
- Specialist weeks are held in school, such as 'Arts Week', where children will have the opportunity to take part in dance workshops.
- Specialist coaches will visit the school to share their expertise and coach children in a variety of sports including football and cricket.

Impact

At Willow Bank Infants, children experience a PE curriculum that is high quality and is planned to demonstrate progression. As they move through the school, children will have the opportunity to progress their knowledge and skills in a range of physical activity areas including dance, gym and team games. Children not only develop these physical skills but develop an understanding of the associated vocabulary for each unit of work.

Termly assessment will enable targeted support to be put in place for individuals who need it and children working at greater depth will be suitably challenged.