



Physical Education

Intent	<p>The PE curriculum at Windhill Primary aims to not only improve physical health of our pupils, but also help mental wellbeing, reduce stress and improve concentration. We want our pupils to access a well-balanced PE curriculum which enables them to develop self-esteem and build confidence, both within the subject and within themselves as individuals.</p> <p>We want them to succeed and excel in competitive sport and physical activities. We offer all children chances to compete in sport and other activities. This helps them build character and learn values such as fairness and respect. Through PE, we develop the children's knowledge, skills and understanding. They build confidence and competence in a range of activities.</p>			
	Underpinned by	High expectations	Understand healthy lifestyles	Fundamental skills
	<p>All children are expected to succeed and make progress from their starting point.</p>	<p>Teachers equip pupils with the skills and knowledge needed to help maintain healthy lifestyles.</p>	<p>The development of fundamental skills helps pupils to improve their agility, balance and co-ordination.</p>	<p>Children are exposed to new vocabulary which they apply whilst developing new skills and passion for a variety of sporting activities.</p>

Implementation	<p>Each child receives regular weekly PE sessions with their class teacher. Teachers use Your PE scheme of work to plan their sessions to cover a broad and full range of skills and activities. The scheme ensure that we fulfil the requirements of the National Curriculum, as well as ensuring children are given a wealth of opportunities to develop their physical movement skills. The scheme is sequenced precisely to ensure progression of knowledge and skills throughout a child's primary education, thus enabling children to build upon prior experiences and apply these fluently, with confidence. Children in key stage 2 attend swimming lessons in a local pool. They learn to swim 25 metres competently and confidently in a range of strokes.</p> <p>We teach in a way that children:</p> <ul style="list-style-type: none"> • Have fun and experience success in sport. • Can join in at their own level of development. • Build and secure a range of skills. • Understand the basic rules. • Learn in a safe environment.
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- Experience positive competition.
- Develop a good attitude towards sport.

In addition to PE Sessions, at Windhill Primary we also:

- Value playtimes as they are an important part of our pupils being happy, healthy and ready to learn. We have well-staffed and equipped playgrounds, a sports field, four adventure playgrounds with trim-trails-designed to provide opportunities for children to develop and improve fundamental skills using various body parts.
- Participate in 'Bike ability' (Y6) - cycle safety awareness and balance bikes in EYFS.
- An annual sports day event.
- Offer safe and secure storage for bikes and scooters and encourage children to travel to school in an active way.
- Offer a wide range of after school activities including multi sports, gymnastics and dance and football.
- Take part in inter/ intra school tournaments and festivals.
- Have Year 6 sports leaders that lead activities for younger children on the playground.
- Days dedicated to different sports. Wimbledon day and a golf day that were hosted by external providers.

Impact

All children receive a broad and balanced PE curriculum. Every child will access the all the key areas of the subject. Teachers plan PE with clear progression of skills and knowledge. This ensures that all children access it at an age-appropriate level. We also hold daily opportunities for physical activity. These include playground games at lunchtimes. The children can also take part in competitions against other local schools.

The school currently holds a Platinum PE School Sports Award.