



CARE

Care, Aspire, Respect, Excel

PE

at

Winscombe Primary School



PE at Winscombe

At Winscombe Primary School we aim to engage to live healthy lives and encourage children to challenge themselves to reach their full sporting potential. We believe that all children make the best progress in PE when they have the opportunities to succeed, recognise their own progress, experience a wide range of sports and make links with sporting professionals. Through our development of a rich PE environment children develop, refine and practice lots of different skills. This information explains how we approach teaching children Physical Education skills and knowledge and how this is taught throughout the school. We hope it helps you understand the key ways in which we work at Winscombe Primary School, and how you as a parent can best support your child's learning within these essential areas. We also hope that by reading this information you will understand how ambitious we are for your children, how we want to see them achieve in all areas during their time in Winscombe, and how we want them to fully enjoy all of their learning.

What PE looks like at Winscombe





How we teach PE at Winscombe

At Winscombe Primary School we recognise that PE plays a significant role in the lives of all children and its impact on their physical, mental and emotional health. Children at Winscombe demonstrate a positive, enthusiastic and competitive attitude towards PE. All teachers provide opportunities for children to demonstrate their skills at an appropriate level whereby children can recognise and celebrate their success and the successes of their peers. Children have access to a minimum of 2 sessions of PE each week, additional movement breaks within the classroom and active playtimes using our playground equipment and school field. We also recognise the importance of competitions within PE which can be seen when children partake competitions throughout the year led by NSSPEA. This opportunity further develops children's skills in team work, co-operation and resilience. Children also have access to specialist coaching opportunities on a weekly basis which is planned and sequenced to complement our GetSet4PE scheme.

PE in Early Years

In Early Years, PE provides opportunities for children to be active and work co-operatively with their peers; develop their co-ordination, control, recognise movement, understand the importance and impact of physical activity on their bodies and recognise how these contribute to a healthy life. Through our use of our GetSet4PE scheme, units with our Sports Coach and fine and gross motor skills available in everyday EYFS provision, children develop these skills exploring the key areas.

PE in Key Stage One

In Key Stage One PE continues to provide opportunities for children to be active and work co-operatively with their peers, develop their co-ordination and control of movements with an increased understanding of

the impact PE has on their physical, emotional and mental health. Through our use of GetSet4PE, children develop and refine their skills as well as explore a range of sports with our Sports Coach on a weekly basis.



PE in Key Stage Two

In Key Stage Two, all of the skills learnt in EYFS and Key Stage One are starting to be applied in a variety of ways. This may be during a specific sport where specific skills are needed, or it may be to continue to develop an area such as striking and fielding. We also recognise the importance of swimming as a life skill, therefore children are given swimming provision in Key Stage Two with access to specialist coaching at our local leisure centre. With this in place, it gives children the best opportunity to be able to swim at least 25 metres unaided using a range of strokes by the end of primary school as well as perform safe self-rescue in different water based situations. Year 4 attend swimming on a weekly basis during terms 1 and 2. During terms 3 and 4, Year 3 attend swimming on a weekly basis.

How we make PE exciting and motivating for our children

PE has a significant role within our curriculum planning and delivery; we continue to reflect upon the way we deliver this subject to ensure that all children are excited by and engage with PE. We recognise that PE is essential to all children's health, overall well-being and we recognise the importance of providing them with these skills to support their future lives. We ensure that children have access to high quality teaching from class teachers and outside professional coaches, as well as high quality PE equipment so that, they can engage in a variety of sports and learn the skills, knowledge and expertise required to develop as an athlete. We also encourage the children to reflect on their learning during their PE sessions, identify next steps and engage in dialogue with their peers and

teachers. This approach develops children's motivation by building self-directed learning opportunities that develop their skills in reflection; ability to take ownership over their learning and challenge themselves.

We thoroughly enjoy celebrating any success of PE at our school and this is done on a weekly basis during our Celebration assembly. Children ranging from EYFS all the way up to Year 6 enjoy bringing in their sporting achievements and sharing with the rest of the school.

How we assess PE at Winscombe

Assessment for learning is continuous throughout the planning, teaching and learning cycle within PE. Formative assessment is carried out by class teachers and a dialogue with specialist sports coaches through direct observation, verbal discussions with teachers and peers, self-assessment and mini plenaries throughout PE sessions to encourage children to be reflective and recognise their progress and achievements. Teachers use their professional knowledge to assess children attainment and progress within each area of PE. These are used to assist in reporting to parents/carers and passed onto the following class teacher which thereby impacts upon future long term and short term planning and training needs.



How we help children who find PE difficult

Children who find PE difficult are supported to recognise their achievements at whatever level they are working at. Class teachers and professional coaches use their professional knowledge to ensure that challenges are appropriate and modify teaching so all can achieve success. CPD is continuously available for all staff to access so they feel comfortable and confident adjusting their planning to meet the needs of all children. An example of this can be achieved through the STEP model. Examples of this include; larger balls for children who find catching

difficult; modelling of the skill and being supported by class teacher or teaching assistant to complete, setting tasks with different challenges. Not all children complete all tasks; - providing resources of different complexity depending on the ability of the child; - using classroom assistants to support children individually or in groups. At the point where a child is unable to demonstrate progress in this area, a conversation with the SENDCO would take place. Please see the SEND policy and the schools graduated response forms for further information on when a child requires additional support because there is a significant gap in their learning.

How parents and carers can help

At Winscombe Primary School, we recognise that a child's life outside of school can have a huge impact on their ability to retain the knowledge they learn in school. As parents and carers, you are in the best position to encourage and nurture your child's passion and talent in PE. It is to you who often first inspires or encourages your child to participate in exercise and competitive sports. This can be a result of your own hobbies and interests. Additionally, you are a significant part of developing your child's attitude towards maintain a healthy lifestyle, this can be in the form of undertaking local park runs, going for a walk in nature, learning to ride a bike or going swimming at the local swimming pool. The opportunities that you provide will always be significant in developing your child's confidence and enjoyment of PE, as such we take pride in celebrating the sporting achievements that all children achieve outside of school. All teachers enjoy sharing half termly active challenges to promote being active during the school holidays. This is shared via ClassDojo and children thoroughly enjoy participating in this voluntary activity.

How we celebrate PE at Winscombe

Within Winscombe Primary School we promote a culture of PE and believe that this culture extends into the local community and after school club participation therefore we recognise the importance of celebrating these sporting achievements within our assemblies. We also hold an annual Sports Day where parents are invited to celebrate and share the success of all children. Children at Winscombe also have access to sessions of the Daily Mile whereby pupil run for 10 minutes for Key Stage One or 15 minutes for Key Stage Two.