

Wallace Fields Infant School & Nursery

Subject Story for Physical Education



Intent:

PE at Wallace Fields Infant School and Nursery is taught to inspire children to develop a lifelong interest in physical activity to ensure that they lead and understand the importance of a healthy and active life in the future. We aim to ensure that all staff are equipped with the skills to teach PE effectively so that the children similarly develop the necessary knowledge and skills. We also aim to provide the children with a wide variety of sporting activities after school lead by internal and external staff and ensure that these are inclusive to all children. We ensure that children are given the opportunity to participate in local competitive tournaments. We recognise that regular participation in PE is paramount to children's physical, emotional and mental well-being as it instils self-discipline, promotes self-confidence and reduces stress levels. We provide children with numerous opportunities that build character and help to embed the values of fairness and respect.

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:

In Reception, Year 1 and Year 2, PE is discretely taught each week for at least 2 hours by the class teacher. Teachers in Reception, Year 1 and Year 2 use the *Get Set for PE* planning resources to aid them in teaching high quality PE sessions each week, with a focus in progression of skills. This supports teachers to ensure consistent quality teaching.

In the Early Years and Year 1 outdoor learning areas, children have outside access to equipment that develops their gross motor to support with negotiating space, core strength and co-ordination - a key element of the 'Physical Development' strand of the Early Years Foundation Stage (EYFS) curriculum.

In our school, there is a strong emphasis on supporting the children's mental health, as well as their physical health. To support this, the whole school takes part in the Daily Mile to improve the physical, social, emotional and mental health, and wellbeing of our children – regardless of age, ability or personal circumstances. We also support this in other ways such as a 'Mindfulness' workshops in the Autumn term to teach the children fun and easily usable advice linked to their well-being and emotions.

Structured games have been set up at lunchtimes to ensure purposeful physical activity is happening with the use of Year 2 playtime pals to support the running of the activities.

At Wallace Fields, the children also attend Nature Explorer sessions. These sessions give the children the opportunity to get outdoors, be active, explore, learn and engage with the natural world and take safe risks. The lessons involve a variety of play-based educational activities in a safe environment which include scavenger hunts, woodland crafts, den making and much more. The activities encourage the children to use their problem solving and team working skills, building a sense of independence and self-esteem.

Reception and Nursery Big Stars children have weekly sessions, and they take place all year round. Children in KS1 receive a term and a half of weekly sessions. **Progression across year groups:**

Our PE lessons are planned using the Get Set 4 PE platform, which aligns with our core values, our whole child approach to PE and the objectives laid out in the National Curriculum. Get Set 4 PE is planned so that progression is built into the scheme, which ensures our children are increasingly challenged as they move up through the school.

- **In EYFS**, physical development is a key focus and is taught through both discrete PE lessons and throughout the learning that takes place every day. Children progress their physical development by learning and understanding their own needs, negotiating space and moving freely in a way that is safe and appropriate, also mastering how to hold a pencil and developing their fine motor skills. Children will demonstrate good control and co-ordination which provides them with a secure foundation to move up to Key Stage 1.
- **In Year 1**, children utilise the control and co-ordination obtained in the Early Years and begin to develop fundamental movement skills including running, jumping, throwing and catching, as well as further enhancing their balance, agility and co-ordination. Children will begin to work cooperatively in simple team games whilst recognising and applying rules to ensure games are fair.
- **In Year 2**, children will continue to build on, deepen and secure their knowledge and skills in a variety of physical activities. They will access a broad range of opportunities to extend their balance, agility and co-ordination both individually and whilst working with others. Children are able to participate in competitive activities both in school and at a local level.

Impact:

- ✓ We will be able to see that the children know more and remember more in PE, and therefore do more things, through evidence in their PE lessons and pupil voice. We will also see they are able to recall prior learning and apply it. Children will then start their next year of learning with the necessary skills and knowledge to build upon.
- ✓ Children can confidently explain the importance of engaging in regular physical activity. A high percentage of children will have had the opportunity to participate in local competitions, promoting confidence.
- ✓ Teachers will feel confident when teaching PE as a result of following the Get Set for PE lessons.
- ✓ With structured games at play times and lunch times, teachers will report that children come back in from playtimes more focused and ready to learn. The Daily Mile can be transformational – improving not only the children's fitness, but also their attainment, mood, behaviour and general wellbeing.

If you were to walk into a PE lesson at WFIS & Nursery you would see:

- ✓ *All children are engaged, challenged and working collaboratively whilst enjoying their PE lesson.*
- ✓ *Each lesson has a key skill that is taught and then utilised in a variety of ways.*
- ✓ *Cumulative skills progression between and within lessons.*
- ✓ *Children demonstrating their understanding of the different benefits of taking part in Physical Education.*

British Values and Spiritual, Moral, Social and Cultural Learning in Physical Education:

British Values: Democracy is promoted when children are taught about the need for different roles and different responsibilities, including teamwork and decision making. Values like the Rule of Law are fostered when talking about appropriate rules, fairness and respect, through a variety of PE activities.

Spiritual education in PE involves students developing a variety of skills which allows the students to express their feelings and emotions as well as be amazed by what their bodies can achieve.

Moral education in PE concerns children having the opportunity to understand how PE can influence their healthy living and lifestyle. PE highlights the advantages of health and lifestyle through team sports and health related fitness. Children are also able to understand the rules of activities and the reasons why they need to abide by them and understand what fair play is.

Social education in PE allows children to use a range of social skills in different contexts, including working and socialising with students from different religious, ethnic and socio-economic backgrounds.

Cultural education in PE means children are given the opportunity to learn games and dances from different traditions, including their own, as well as having opportunities to take part in sporting competitions with schools in the local area. This often means the children are absorbing themselves into different cultures from around the country and learning respect for these cultures.

Pupil Voice:

Nursery: "I can touch my toes!"

Reception: "I'm really good at running. My leg's move so fast!"

Year 1: "My heart beat gets really fast when I exercise!"

Year 2: "My body is amazing and can do anything if I practise enough. When I exercise, I always feel much happier afterwards."

Outstanding Learning Outcomes:



Diwali Dance Workshop – led by outside professionals developing the children's dance skills, and providing high quality professional development for teachers



Annual Sports day- Children learn important values and athletics.



Outdoor construction area – supporting younger children to develop their fine and gross motor skills

Successes in 2023-24:

- 😊 **Workshops:** Having a range of different athletes and dance workshops come into school to deliver fantastic sessions from Nursery to KS1 which has inspired and exposed the children to participate in new/different sports
- 😊 **Competitions:** *Throughout the year, children were exposed to and participated in a variety of competitions, including district sports, dance festival, football matches, scatterball etc.*

Priorities for 2024-25:

- ⇒ **Teacher confidence:** To provide training opportunities for teachers' around implementing new Nature Explorer activities that we can embed into our curriculum
- ⇒ **To continue to raise the profile of the importance of Physical Education:** To ensure that both children and adults understand the benefits of Physical Education through a variety of workshops and sessions with influential sports people/athletes.
- ⇒ **Mental Health Awareness:** To highlight the importance of looking after our mental health and well-being through the implementation of mindfulness.