



DISCOVERY CURRICULUM



PHYSICAL EDUCATION INTENT

INTENT

Children in Year 2 perfecting their star pose in gymnastics. Supportive class feedback helps to refine and perfect



INTENT

Physical Education (PE) - Intent

At Westfield Primary Academy, we believe that Physical Education (PE), experienced in a safe and supportive environment, is essential to ensure children attain optimum physical and emotional development and good health. We intend to deliver high-quality teaching and learning opportunities that inspire all children to succeed in physical education and in developing life skills. We want to teach children skills to keep them safe such as being able to swim. We also want to teach children how to cooperate and collaborate with others as part of an effective team, understanding fairness and equity of play to embed life-long values. Our curriculum aims to improve the wellbeing and fitness of all children at Westfield, not only through the sporting skills taught, but through the underpinning values and disciplines that we hold dear.

Aims of the PE Curriculum

At Key Stage 1 (Years 1-3) the national curriculum for PE aims to ensure that all:

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Pupils should be taught to:

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.
- participate in team games, developing simple tactics for attacking and defending.
- perform dances using simple movement patterns.
- Formal elements

At Key stage 2 (Years 3-6) the national curriculum aims for pupils are that:

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.





At Key Stage 2, pupils should be taught to:

- use running, jumping, throwing and catching in isolation and in combination.
- play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending.
- develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics].
- perform dances using a range of movement patterns.
- take part in outdoor and adventurous activity challenges both individually and within a team.
- to compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Early Years

In Early Years the children will learn through the specific Early Learning goal of Physical Development and the whole curriculum is tailored to providing many experiences to use gross motor skills. Gross motor skills are the abilities required in order to control the large muscles of the body for walking, running, sitting, crawling, everyday activities such as dressing and self-care and are essential in maintaining appropriate posture which links to the children's fine motor skills e.g. drawing, writing and cutting.

Read more: <http://www.healthofchildren.com/G-H/Gross-Motor-Skills.html#ixzz6g1tYxB6m>

Specifically, the children will;

- Negotiate space and obstacles safely, with consideration for themselves and others
- Demonstrate strength, balance and co-ordination when playing.
- Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.

Additional experiences

- Children have regular access to appropriate outdoor space through the day.
- Open-ended resources are provided.
- Children often make assault courses that develop their balance and co-ordination.
- Open-ended resources are available for extended, repeated and regular practising of physical skills like lifting, carrying, pushing, pulling, constructing, stacking and climbing.
- Children visit the gym trail weekly.



Using our whole body to play and build up our core strength.



Early Years Gross PE Lessons

INTENT



Listening to instructions and getting ready in our team.



Running as fast as we can, being the best that we can be!



Our PE schedule for the school – many classes will have Dellar Sports Coaches teaching and guiding their PE lessons. Our Year 4 and 5's receive swimming lessons at the Haverhill Leisure Centre and are coached by Suffolk Norse.



DELLAR SPORTS COACHING



	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn 1	FUNDamentals (ABC's)	Tag Rugby (IG) & Basketball (IG)					
Autumn 2	FUNDamentals (ABC's)	Gymnastics & Football (IG)					
Spring 1	Gymnastics	Dance & FUNDamentals (ABC's)	Dance & FUNDamentals (ABC's)	Dance & OAA	Dance & OAA	Dance & Health & Fitness	Dance & Health & Fitness
Spring 2	Dance	Netball (IG) & Hockey (IG)					
Summer 1	Sport specific skills (games)	Cricket (S&F) & Rounders (S&F)					
Summer 2	Athletics	Tennis (N) & Athletics	Tennis (N) & Athletics	Tennis (N) & Athletics	Tennis (N) & Athletics	Tennis (N) & Athletics	Tennis (N) & Athletics

Key: IG = Invasion Games, S&F = Striking and Fielding

In addition to our curriculum lessons, we have Dellar sports coaches and trained play leaders to facilitate games and sports at lunchtimes and we run extra-curricular sports activities every day afterschool offering a menu of sporting activities including football, basketball and badminton. Our wraparound care is also staffed by Dellar sports coaches ensuring that children attending this provision have access to a wide range of physical activities.

