

Physical Education at Whitehouse Primary School



At Whitehouse Primary we endeavour to promote the importance of Physical Education and a healthy lifestyle to all children across the school.

We have a 'sport for all ethos' and encourage participation via a wide range of opportunities. This includes our extra - curricular and extended schools activities and also through the festivals and competitions we partake in throughout the year.



PE is a vital part of school life and ultimately children's future well-being. It is therefore our intent to provide an inclusive, broad and balanced PE curriculum that ensures all children will benefit, whether through enhancing existing skills, learning new skills or being introduced to new sports, clubs, teams and organisations. We offer a range of creative and exciting PE lessons giving the children opportunity to learn and try new activities, gain physical skills but also develop their skills of sportsmanship for future life. We strive to offer as many experiences to the children as possible, to ensure they develop a passion for physical activity and a deep understanding of their health and wellbeing.



At Whitehouse we believe that participation in sporting activity is a key element of developing a school in which pupils are proud of the community in which they belong. Therefore, great emphasis is placed upon additional sporting opportunities beyond the lesson within after-school clubs, inter-house and inter-school competition and festivals as well as directly trying to support the local clubs within the Milton Keynes area. We believe this links directly with our school's sporting values and is another way in which we can positively engage with our local community and be active citizens within it.



Early Years Foundation Stage

Our Physical Education curriculum across Early Years Foundation Stage (EYFS) aims to introduce children to fundamental movement skills of running, jumping, throwing and catching in whilst developing their agility, balance and coordination. The children engage in fun games in a range of increasingly challenging situations. Children are supported to understand the importance of physical activity, and to make healthy choices in relation to food.

Key Stage 1

Our Physical Education curriculum encourages pupils to 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 are encouraged to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.



Throughout our PE lessons pupils will master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination. Pupils will begin to apply these in a range of activities, they will also participate in team games, developing simple tactics for attacking and defending and perform dances using simple movement patterns.

Key Stage 1 will also start to experience out of school sporting activities via our local schools sport partnership who provide opportunities for schools across Milton Keynes. These will include activities such as fun fitness festivals, gymnastics competitions and multi – skills events. Within school pupils will also participate in our house competitions in a range of different festivals throughout the year.



Key Stage 2

In Key stage 2 our Physical Education curriculum enables pupils to 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 enjoy communicating, collaborating and competing with each other. Pupils develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Throughout our PE lessons pupils will be taught to develop their 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.



Pupils will also develop flexibility, strength, technique, control and balance through athletics and gymnastics and perform dances using a range of movement patterns. Our curriculum also offers pupils to take part in outdoor and adventurous activity challenges both individually and within a team.

Pupils will be provided with the opportunity to learn how to swim. Swimming lessons will aim to help children to swim competently, confidently and proficiently over a distance of at least 25 metres. They will also be taught how to use a range of strokes effectively [for example, front crawl, backstroke and breaststroke], In addition to this, they will also be taught how to perform a safe self-rescue in different water-based situations.

Key stage 2 pupils will also have further opportunities to represent Whitehouse Primary via sporting teams. Across Milton Keynes there is a large amount of festivals on offer both non-competitive and competitive enabling pupils to challenge themselves at a higher level and compete to a high standard across all sports.



Impact

As children progress through Whitehouse Primary School, our extensive PE curriculum will aim to impact greatly on our children's ability to acquire the knowledge, skills and understanding needed to make appropriate choices about their physical and mental health. The curriculum will develop positive self-awareness in children as they become physically competent. They will also demonstrate a healthy attitude to competition, showing respect for individuals, teams, officials and coaches. The pupils will be guided by our sporting values we demonstrate and believe in.

