

Physical Education at Whitehouse Primary School



At Whitehouse Primary School we endeavour to promote the importance of Physical Education and a healthy lifestyle to all children across the school. We follow and expand on the statutory guidance outlined in the Department of Education's programme of study for Key Stage One and Key Stage Two. Ultimately, we aim to inspire all children to enjoy and excel in PE & Sport in pursuit of developing a strong character to embed our school games values of passion, belief, respect, honesty, determination and teamwork.



PE is a vital part of school life and ultimately children's future well-being so we provide an inclusive, broad and balanced PE curriculum. We offer a range of creative and exciting PE lessons that not only provide the children with opportunities to learn and try new activities but also to develop their sportsmanship for future life. We offer a range of experiences to the children, ensuring they develop a passion for physical activity and a deep understanding of their health and wellbeing.

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.



We have a 'sport for all ethos' and encourage participation via a wide range of opportunities. This includes our extra-curricular offer and extended school activities such as break/lunch time sport provision. Our lunchtime provision encourages children to participate in both informal physical activity, such as exercise stops, fun fitness activities, adventure trail, and play games and sports like handball, hockey, netball, cricket and football. Trained leaders support these activities. An extensive after school programme provides opportunities for children to further develop skills and interest during their club. We are also members of the Milton Keynes School Sports Partnership (MKSSP) and compete in various festivals and competitions throughout the year. Alongside this, we offer all the children the chance to attend trials for our school sports teams. Furthermore, we ensure our sports club provision, coincides with the MKSSP calendar. This ensures practice for those representing the school, but also the opportunity for those who aren't selected to continue improving their skills in a sport of their interest.

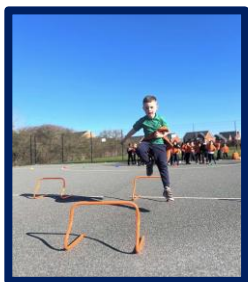
At Whitehouse, we believe that participation in sporting activity is a key element of developing a school in which pupils are proud of the community in which they belong. Therefore, great emphasis is placed upon additional sporting opportunities beyond the lesson within after-school clubs, inter-house and inter-school competition and festivals as well as directly trying to support the local clubs within the Milton Keynes area.

Implementation

Early Years Foundation Stage

Our Physical Education curriculum across Early Years Foundation Stage (EYFS) aims to introduce children to the fundamental movement skills of running, jumping, throwing and catching whilst developing their agility, balance and coordination. The children engage in fun activities in a range of increasingly challenging situations. Our units of study across the academic year include: Introduction to PE, gymnastics, dance, games and ball skills. Our focus at this stage is to develop the children's physical literacy by ensuring they can perform the fundamental skills that underpin all sports in a way that develops motivated and confident learners.

Key Stage 1



Our Physical Education curriculum across KS1 continues to enhance physical literacy by encouraging 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. Our units of study across the academic year include: dance, ball skills, gymnastics, sending and receiving, invasion games, target games, fundamentals, fitness, team building, striking and fielding, and athletics. Pupils will also start to experience external sporting activities via the MKSSP 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

Our Physical Education curriculum across KS2 enables pupils to develop competent movement skills in a range of sports. At this stage, greater emphasis is placed on 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, playing 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 the chance to take part in outdoor and adventurous activities both individually and within a team.

Swimming lessons ensure children can 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 during festivals that offer both non-competitive and competitive events, 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 PE curriculum will 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 in a range of activities and sports. 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. By the time the children leave at the end of Year 6, they will have developed a lifelong passion for being active and a love of PE, ensuring that are on track to reach their full physical potential.

“Exercise and recreation are as necessary as reading.”

Thomas Jefferson

“The game is never more important than the people you play with.”

Debra Demaline Maxted

“A healthy active lifestyle not only changes your body, it changes your mind, your attitude and your mood for the better.”

Gurudev Sri Sri Ravi Shankar