



Intent:

The health and wellbeing of our whole school community is at the heart of our ethos at North Wingfield Primary and Nursery Academy. Our focus is to equip children with physical skills to support them in being self-motivated individuals. Both PE and outdoor learning plays a powerful role in this intent for we believe “healthy body – healthy mind”. In a forever-changing world, it is important to maintain and nurture an awareness of our own bodies by encouraging active lifestyles, balanced diets and healthy attitudes. Throughout our PE curriculum, we focus on the ABC’s of PE – the fundamentals (agility, balance and co-ordination). We then focus on the social and mental skills necessary for peer support, self-reflection, communication, cooperation and competition. We stress the importance of personal challenges (being the best you can be), failure, fairness, respect and thankfulness.

Implementation

Physical Education is not constrained within its two hours of timetable curriculum time but lives within our daily routines and is owned and driven by pupils, families and staff. We use effective Kagan Cooperative Strategies to promote movement and cooperation within the classroom and have embedded Skip2BeFit within our daily routine. We provide a blended range of physical experiences to the children, designed to be inclusive and challenge to all.

Within lesson time, we have two mechanism for learning. First, we use the Real PE program, because its high quality and comprehensively resource approach towards physical fundamentals and mental multi-skills meshes beautifully with our either. In Real PE, agility, balance and coordination skills are taught within a framework that develops the child’s cognitive, personal, health and fitness, social, physical and creative skills. We focus on these outcomes within the first weeks of a term. Second, we introduce and train the children in formal and informal competitive games, including associate attitudes and behaviours, timed to provide regular opportunities for both intra and inter school tournaments. As a year group, we focus on different sports in order to hold competitions across classes.

Young leadership and pupil-drive learning is intrinsic to PE at North Wingfield. Within lessons pupils work together from Reception- communicating, calling and even evaluating their own and each other’s development. The children make decisions designed to challenge and support each other, in which they can track their own progress against the clearly defined colour ladder of the fundamental skills. We encourage Year 5 & 6 to deliver lesson warm-ups, looking at the muscle groups and the impact of a warm-up.

Playground leadership will be developed by the scheme ‘Real Leaders’. This will be led by year 5 children who will deliver fun games during lunchtime. We have an adult play leader on duty who can oversee the activities that are being delivered. This is so children have access to a variety of games throughout the week. We display the activities for each playground so children can independently choose what they might take part in. We like to promote children having a go at different activities that happen on the playground.

We buy into our local ‘Schools Sports Partnership’, which is called Qualitas; this enables every pupil in the school to access inclusive, non-competitive sports festivals where personal challenge is the focus, as well as ‘Have-a-go’, ‘friendly’ and ‘competitive’ levels of inter school sports tournaments. Qualitas also run our after-school clubs. We offer both KS1 and KS2 extra-curricular sports clubs, which vary from trampolining to fencing. Qualitas run our football and netball team in which our school competes in both of these fixtures. Termly, Qualitas provide the school with a newsletter mentioning star children from clubs and the teams, children have shown determination, resilience and great teamwork. They share what events we have attended, sometimes Qualitas add in how to play the game at home to increase children’s participation levels.

Throughout KS2, all children have the opportunity to attend 30-minute swimming lesson. Implementing this in Year 3 will have a better impact on Year 6 children to be secure in the water.

All reception children have the opportunity to take part in forest schools; this is run by our own Forest School Leader. With the focus on mental wellbeing, a broad approach to the curriculum, physical challenge and healthy activity blends with personal and social learning indoors and out. As a community school, we provide the community with ‘Wiggle and Jiggle’ sessions for babies to nursery-aged children. This engages parents with activities that they could possibly do at home with their child.

Finally, we participate in charity events such as Sports Relief, Race for Life, etc. to show the importance of what physical activity does to our mental health. We invite parents to show their support for the children during Sports day. The day enables all children to take part in a track or field event. We, at North Wingfield, also get involved with staff events and parent events.

Impact

Our approach aims to result in:

- Children completing primary school, able to swim competently, confidently and proficiently over a distance of at least 25 metres, use a range of strokes effectively, and perform safe self-rescue in different water-based situations.
- Children who are agile, balanced and coordinated, and comfortable, confident and creative with their skills.
- Children who possess the ability, experience and attitude to engage in, to lead, and to officiate in competitive events; they exemplify the spirits of the games - honesty, self-belief, determination, passion, teamwork and respect.
- Children who understand the link between physical health, mental health and healthy lifestyles.
- Children who can apply their learning to new situations, who can challenge and support both themselves and others, who can innovate and who can simplify, who value their mistakes, who can analyse performance, and who can articulate their thinking.
- Within the experience of PE and outdoor learning are priceless opportunities for challenge, enjoyment, passion, reflection and for learning that can benefit a child for life.