

REACH FOR THE STARS

Respect - Empathy - Aspirations - Courage - Honesty



Our vision is that all children have the skills and desire to participate in physical activity, understanding its importance in leading a healthy lifestyle – both physical and mental.

THE INTENT, IMPLEMENTATION AND IMPACT OF THE PHYSICAL EDUCATION CURRICULUM

INTENT

At Wildmoor Heath, we aim to deliver a curriculum that meets the needs of our children through our unique curriculum drivers, which are Opportunities, Communication, Community, Creativity, Environment and Well-Being. Our PE curriculum aims to inspire all children to participate and succeed in physical activity. We intend to provide opportunities for pupils to develop in a way that supports their health and fitness and promotes positive attitudes towards a healthy lifestyle. Our curriculum also aims to develop pupil's knowledge, skills and understanding in a progressive way so that they perform with increasing competence and confidence whilst embedding values such as fairness and respect. We also provide opportunities for our children to compete in competitive sport and other physical activities, developing leadership and teamwork.

In 2020-2021, activities included a Sponsored Heath walk, a Family Night Walk, cross-curricular work with Thames Valley Partnership to share wildlife sightings (Science) and nearby Caesar's Camp (History) with pupils, etc. We believe that learners from all backgrounds benefit enormously from outdoor learning and experiences as part of a broad and balanced primary curriculum. With the support of school sport, charity and PTA funding we have continued to develop 'The Haven', a regenerated part of the school grounds which we successfully use for outdoor learning through bespoke sessions with a qualified Forest Schools leader for Years 2, 4 and 6. The Haven is also available for lesson enrichment for all classes.

IMPLEMENTATION

At Wildmoor Heath, we are proud to follow the national curriculum for all PE lessons, meaning that all learners receive a minimum of two hours per week of quality Physical Education lessons and gain a wide understanding of gymnastics, athletics, competitive team games, dance, swimming, etc. Over and above this, the school provides a wide and balanced number of sports, dance and physical well-being activities. In 2020-2021, this meant that most classes received additional physical activity time every week, over and above the two National Curriculum hours. The school is located on the edge of Wildmoor Heath Nature Reserve and we take every opportunity to lead our learners out onto the heath for outdoor pursuits and mental well-being. For example, Year 1 take a walk around Wildmoor Heath each term as they monitor the seasons in Geography. The physical and mental requirements for being a healthy individual are further explored throughout our RHE (Relationships and Health Education) lessons in all classes. Topics include: self-esteem, leadership, making healthy choices, setting goals and puberty. During outdoor PE sessions, children develop key skills such as running, throwing and catching and learn to apply these in team games. As the children develop, they apply these skills to specific sports, including: football, tag-rugby, hockey, athletics, netball, basketball, cricket and tennis.

During indoor PE sessions, children develop their balance, coordination, strength and flexibility through a variety of gymnastic and dance activities. The children learn how to link movements together, forming sequences of movement and how to evaluate their performances, highlighting areas of strength and areas for improvement. At Wildmoor Heath, within the PE lessons, we encourage children to develop a sense of competition, whether this is meeting personal goals or competing against peers. This development leads to the children in Years 5 and 6 having opportunities to compete against other schools in sporting leagues and festivals organised by Bracknell Forest Council's School Sports Partnership. In 2020-2021, we ensured that all children in Years 1-6 received at least one block of specialist coaching from external sports clubs for a range of sports including tennis, tag rugby and hockey.

The Year 3 children at Wildmoor Heath participate in an extensive course of swimming lessons, which are held at a local swimming pool over a period of two terms. Because we believe that swimming is a key life skill, we also plan follow up lessons so that all children have the best chance of becoming competent swimmers when they leave our school.

Please find below our school yearly overview for 2021-2022. Specialist coaching sessions are not yet included but will replace a topic below. The schedule will then be rearranged where appropriate to ensure coverage of skills and knowledge.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	Dance	Dance	Gymnastics	Gymnastics	Athletics	Athletics
Year 1	Ball skills and games	Infant Skills	Throwing and catching games	Bat and ball games	Developing partner work	Athletics
	Gymnastics	Dance	Gymnastics	Dance	Gymnastics	Dance
Year 2	Throwing and catching games	Throwing and catching games	Making up a game	Dribbling, kicking, hitting	Group games and rules	Athletics
	Dance	Gymnastics	Dance	Gymnastics	Dance	Gymnastics
Year 3	Invasion games	Creative games	Dance	Net, court and wall games	Striking and fielding games	Striking and fielding games
	Dance	Gymnastics	Swimming	Swimming	Gymnastics	Athletics
Year 4	Invasion games	Net, court, wall games	Invasion games	Problem solving and inventing games	Striking and developing games	Striking and fielding games
	Dance	Dance	Gymnastics	Gymnastics	Athletics Orienteering	Athletics
Year 5	Invasion games	Invasion games	Inventing games	Net, court, wall games	Striking and fielding games	Striking and fielding games
	Gymnastics	Gymnastics	Dance	Dance	Athletics	Athletics
Year 6	Invasion games	Invasion games	Invasion games	Net, court, wall games	Striking and fielding games	Striking and fielding games
	Dance	Gymnastics	Dance	Gymnastics	Athletics	Athletics

As well as the activities above, the children participate in outdoor adventurous activities. Throughout the year, our children have the opportunities to work in our nature area and, as well as this, Year 4 and Year 6 attend an annual residential trip where they have to complete a range of challenging physical activities as part of a team and as individuals. We have also developed strong links with Wellington College and attend half-termly activities there including problems solving and low ropes courses for Years 4 and 5.

We hold inter-house competitions; in the summer term, all children compete in a memorable sports day. Every child participates in a range of track and field events contributing points to their house team. At other times in the year, children have the opportunity to compete against houses in sporting events such as football and netball competitions.

We also offer additional after school football and netball activities to Key Stage 2 pupils in anticipation of inter-school competitions and tournaments.

In 2020-2021, despite sporting events being restricted, the curriculum was enriched through remote inter-house sports competitions and challenges. Year 6 also benefitted from the opportunity to participate in 'Cyclability' cycling training and in place of the Year 4 residential, they spent an extended day away at Ufton Court full of adventurous, team activities.

IMPACT

By the end of their journey at Wildmoor Heath, our children leave Wildmoor Heath School with key PE skills that will prepare them for the secondary school curriculum and beyond. They leave the school with positive attitudes towards physical education and the knowledge and skills needed to lead a healthy lifestyle. For those who want to, this gives them the opportunity to compete at their appropriate standard. We assess the children every term to ensure that all children are making good progress and ensure inclusivity by providing additional support for those who need it.

In July 2019, teachers and leaders assessed that 87% of our learners were working at or above the national expectation for sport and fitness, with more than 20% working above. Teachers and school leaders know that learners were physically active for more than two hours per week and that the school's offering for PE and Dance provides interest, fitness and diversity for all. This is supported by feedback from parents, other schools and participating coaches. Of our 2019-20 Year 6 cohort, 75% could swim 25 metres using a range of strokes. This is due to both our PE curriculum and a love of physical activity expressed outside of school. Children at our school enjoy participating in physical activity with 85% of our children participating in sporting clubs outside of school pre-COVID.
