



## **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 2018-2019, activities included a Sponsored Heath walk, a Family Night Walk, snow treks on the heath, cross-curricular work with Thames Valley Partnership to share wildlife sightings (Science) and nearby Caesar's Camp (History) with pupils, etc. We believe that pupils from all backgrounds benefit enormously from outdoor learning and experiences, as part of a broad and balanced primary curriculum. During 2018-2019, we have worked hard to establish a bespoke area for outdoor learning in 2018-2019 and used part of our funding, plus monies from charitable donations and the PTA to create this area.

### **IMPLEMENTATION**

At Wildmoor Heath, we are proud to follow the national curriculum for all PE lessons, meaning that all pupils have a minimum of two hours a week of quality Physical Education lessons and gain a wide understanding of gymnastics, athletics, competitive team games, barrier 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 2018-2019, 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 pupils out onto the heath for outdoor pursuits and mental well-being. 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 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.

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 20-21

	<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
<b>Year 1</b>	Ball skills and games  Gymnastics*	Ball Skills and games  (Infant Skills Coaching)  Dance*	Throwing and catching games  (Infant Skills Coaching)  Gymnastics*	Bat and ball games  Dance*	Developing partner work  Gymnastics*	Athletics  Dance*
<b>Year 2</b>	Throwing and catching games  Dance*	Throwing and catching games  (Multi Sports Coaching)  Gymnastics*	Making up a game  (Multi Sports Coaching)  Dance*	Dribbling, kicking, hitting  Gymnastics*	Group games and rules  Dance*	Athletics  Gymnastics*
<b>Year 3</b>	Invasion games  Swimming*	Creative games  (Multi Sports Coaching)  Swimming*	Invasion games  Swimming*	Dance*  Swimming*	Striking and fielding games  +  Gymnastics*	Striking and fielding games  Athletics
<b>Year 4</b>	Invasion games  Dance*	Net, court, wall games  Dance*	Invasion games  Gymnastics*	Problem solving and inventing games  (Hockey Coaching)  Gymnastics*	Striking and developing games  +  Athletics Orienteering*	Striking and fielding games  Athletics
<b>Year 5</b>	Invasion games  Dance*	Invasion games  Gymnastics*	Invasion games  Dance*	Net, court, wall games  (Cricket Coaching)  Gymnastics*	Striking and fielding games  +  Athletics	Striking and fielding games  Athletics
<b>Year 6</b>	Invasion games  Dance*	Invasion games  (Tag Rugby Coaching)  Dance*	Invasion games  Gymnastics*	Net, court, wall games  Gymnastics*	Striking and fielding games  +  Athletics	Striking and fielding games  Athletics

\*May not be possible within COVID-19 guidelines

+ Coaching to be confirmed

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's area and, as well as this, year 4 and year 6 attend an annual residential trip where the children 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 termly activities there including problem solving and low ropes.

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 offer extra- curricular activities in the school, including football, tag rugby, hockey, cricket and athletics clubs.

**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. The children have the necessary skills to participate in sports and dance activities and, for those who want to, compete at their appropriate standard. We assess the children every term to ensure that all children are making good progress and provide extra support for those who need it.

In July 2019, teachers and leaders assessed that 90% of our pupils were working at or above the national expectation for sport and fitness, with 15% working above. Teachers and school leaders know that pupils 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 current Year 6 cohort, 75% can 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.

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