



Physical Education at Wylde Green Primary School

"You'll never know what you are capable of until you take that first step and just go for it." — Anonymous

At Wylde Green, it is our aim to teach physical education by developing children's physical competence and confidence and their ability to perform in a broad range of activities. We wish to promote physical skilfulness, development and knowledge of the body in action. We aim to provide the children with opportunities to be creative, competitive and face up to challenges, both as individuals and in groups/teams. We also wish to promote children to have positive attitudes towards active and healthy lifestyles.



How do children learn PE at Wylde Green?

Physical Education is a national curriculum subject that is compulsory. Physical Education has its roots in Reception, where it is one of the prime areas of learning. The national curriculum for PE aims to ensure that pupils develop competence to excel in a broad range of physical activities, are physically active for sustained periods of time, engage in competitive sports and activities, and lead healthy, active lives. This is achieved through using the three pillars of progression as a basis to navigate the curriculum aims. These three pillars are motor competence; rules, strategies and tactics; and healthy participation. There are 6 areas within the PE provision: invasion games, athletics, net/wall, gymnastics, dance and outdoor adventurous activities. At Wylde Green our PE curriculum covers each of these areas at least once throughout the academic year. This ensures each child receives a well-rounded experience of all aspects of PE.

Each of the six areas are a series of lessons to build upon key skills, allowing children to thrive within the specific sport. Each lesson will begin with a 5 minute warm up. This increases the children's heart rate and stimulates the muscles to reduce the risk of injury. The teacher will then model the skill development based upon the learning objectives. The children will then practise developing these skills independently/with their peers. If the focus PE area is invasion games or net/wall, the children will then apply these skills within a game. This may be a competitive game or working as part of a team. Adaptations will be made throughout each lesson to ensure that all children can access the skill taught: this may be through equipment used or the difficulty of what is expected. Each lesson will finish with a 5 minute cool down.



What do children learn in PE at Wylde Green?



The children will be provided with a broad range of physical activities. This will include sports within the 6 areas of the PE provision. These are:

- Invasion Games
- Athletics
- Net/Wall
- Gymnastics
- Dance
- Outdoor Adventurous Activities

To help support the children develop their skills within these 6 areas, the children may participate in Sports such as:

- Basketball
- Football
- Netball
- Tag-Rugby
- Tennis
- Cricket
- Dance
- Athletics
- Gymnastics
- Fitness
- Rounders
- Orienteering



How are children assessed in PE at Wylde Green?

All teachers complete termly assessments in PE, which tests their declarative knowledge as well as their procedural knowledge. When assessing the children's declarative knowledge, we will be ensuring the children understand factual knowledge that has been taught. This includes movement, rules, tactics, strategies, health and participation. This can be communicated through questions and answer sections of a lesson or in spoken/written observations of a lesson. When assessing the children's procedural knowledge, we will be ensuring the children know how to apply the declarative knowledge through physical demonstration.

A variety of assessment types are used to ensure pupils 'know more', 'do more' and 'remember more'. Children have the time to develop and practise their skills following formative assessment to develop competence. This is through peer/self-assessment and question and answer sessions.

How can parents support their child's learning in PE?

It is recommended that children aged 5-18 should aim for at least 60 minutes of moderate or vigorous physical activity per day. You can support your child in achieving this by taking part in activities together as a family. Encourage children to limit screen time and spend more time outside. With younger children, you can support the development of motor skills by playing games which involve lots of different movements, balance and coordination. Lots of examples of activities to promote your child's health can be found at <https://www.nhs.uk/healthier-families/activities/>