

# Wensum PE Curriculum



## **Intent; Aims of our PE curriculum.**

At Wensum Junior School we recognise the importance PE plays in the curriculum and are committed to providing all children with opportunities to engage fully in Physical Education. The aim of our PE programme is to develop children's basic physical competencies, build confidence in their ability and build the foundations for a lifelong love of sport, physical activity and a healthy lifestyle.

PE lessons encourage children to compete against themselves and others whilst being challenged to improve their physical, social, emotional and thinking skills. These skills are embedded in the heart of our planning.

Our objectives in the teaching of PE align with the National Curriculum in that we aim to ensure all 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

Lead healthy, active lives.

## **Teaching and learning**

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.

The curriculum planning in PE is carried out in three phases (long-term, medium-term and short-term). The long-term plan maps out the PE activities covered in each term during the key stage. The PE subject leader works this out in conjunction with teaching colleagues and pupils in each year group. Together we create a broad and balanced curriculum that is exciting for our children to learn through. Our medium-term plans give details of each unit of work for each term. These schemes of work provide an overview of the unit, links to other areas of the National Curriculum and assessment criteria for that unit. The short-term lesson plans provide opportunities for children of all abilities to develop their skills, knowledge and understanding in each activity area.

## **Assessment**

Our teachers assess the children's work in PE, both by making informal judgements, as they observe them during lessons, and through assessing against the specific objectives set out in the National Curriculum and recorded using the Get Set 4 PE assessment software. We have clear expectations of what the pupils will know, understand and be able to do at the end of each Key Stage. Teachers are supported with resources to know how to prepare children for their next phase of education. These resources include the Get Set 4 PE progression of skills document, progression ladders and knowledge organisers.

## **Monitoring and Reviewing**

The planning and coordination of the teaching of PE is the responsibility of the subject leader, who:

Supports colleagues in their teaching, providing a strategic lead and direction; Evaluates the strengths and areas for development in the subject through staff and pupil voice questionnaires; Reviews evidence of the children's work and observes PE lessons. The quality of teaching and learning in PE is monitored and evaluated by the subject leader and is overseen by the curriculum leader.

## **Health and Safety**

We recognise that participation in PE and Physical Activities contains an element of risk. Staff are responsible for ensuring that they are familiar with safe practice to reduce the element of risk to the absolute minimum within their control. Staff are aware of pupils who have special needs with regards to physical activity and make special provision for needs where appropriate e.g. physical disability, asthma.

Staff know about the safe practices involved in moving and using apparatus. Pupils wear appropriate clothing, remove jewellery and tie back long hair. If the removal of jewellery or studs is not possible, they should be securely taped, and the teacher is confident this strategy is effective.

Pupils may be asked to remove shoes when participating in indoor activities such as gymnastics, dance and yoga.

Correct use of equipment is taught along with any potential hazards, including completing a risk assessment for each area/ space that PE and school sport takes place in.

Equipment and apparatus are stored safely at the end of each lesson.

Pupils are taught to always consider their own safety and that of others.

Teaching staff should be appropriately dressed to teach PE. We undertake an annual Risk Assessment of the school premises and areas where PE is taught and equipment including PE equipment as necessary. Risk Assessments are in place for all school sporting trips.

## **Implementation**

Our school aims to inspire all children to develop a love of physical activity and sport.

Through good physical education, whole school values and a whole child approach, we aim to nurture confident, resilient children who will strive for their personal best. We listen to our children wants and needs and provide them with a range of active experiences and clubs.

We want to aid our children in obtaining the values and skills to celebrate and respect the success of others, as well as modestly celebrating their own successes. We aim to ensure that our delivery of physical education allows all children to have the skills and mindset to leave primary school with the capabilities to be successful in their sporting challenges and active lifestyles at secondary school and beyond.

2023/2024						
	TERM 1		TERM 2		TERM 3	
Year 3	Fundamentals Y3/4	Gymnastics	Fitness	Basketball	Athletics	Hockey
Year 4	Fundamentals Y3/4	Gymnastics	Fitness	Basketball	Athletics	Hockey
Year 5	Tag Rugby	Gymnastics	Fitness Dance +	Netball	Athletics	Cricket
Year 6	Tag Rugby Swimming	Gymnastics Swimming	Fitness Swimming	Netball Swimming	Athletics Swimming	Rounders Swimming
	+	+	+	+	+	+

We strive to educate both our children and families to develop a greater

understanding on how to live healthy lifestyles and make healthy choices. We are dedicated to ensuring healthy minds, as well as bodies and will continue to support our children's well-being. We have strong links with local clubs and partnerships within our community to ensure the children and families receive the support and knowledge they need.