



PE at Westfields Junior School

At Westfields Junior School, we aim to provide an engaging and purposeful PE curriculum and sports provision that provides children with the skills to develop healthy lifestyles and become lifelong sportspeople. The skills developed through our curriculum are planned to be progressive across each year group and through a variety of different teaching approaches, all children are able to build on their skills including the development of stamina, agility, coordination, and control. In addition, through PE, we provide opportunities for children to take part in competitive sports whilst developing values and transferrable life skills such as fairness and respect. It enables children to celebrate and respect peoples' differences through sport participation and teamwork, including opportunities to experience inclusive sports.

Coverage

- The purpose of our PE curriculum and sports provision enables children to have the opportunity to participate in a variety of competitive sports and other physically demanding activities. It provides children with the means for lifelong participation in physical activity through engaging lessons and extra-curricular activities that support their well-being.
- Through our sporting opportunities, children are able to build character strengths and embed the values of fairness and respect.
- With our cross-curricular links with PSHE and Science, we intend for children to be able to lead healthy and active lifestyles with an understanding of why this is important.
- Throughout our school week, children are provided with the opportunity of being active over sustained periods of time and are enabled to reach the goal of being active for 1 hour each day.

Progression

- Planning is based around the Get Set 4 PE scheme which covers the requirements of the National Curriculum.
- There is progression in relation to the vocabulary, knowledge and skills used in each sport:
 - Athletics: Children progress from basic sprinting, jumping and throwing techniques to applying refined, powerful and controlled skills across a range of events with clear understanding of pace and technique by Year 6.
 - Ball Skills: Children move from sending, receiving, tracking and dribbling with basic control to performing these skills consistently and accurately under pressure in increasingly complex game situations.
 - Dance: Children develop from creating simple actions and formations to performing expressive, technically controlled, and compositionally sophisticated dances with clear use of dynamics, space and timing.
 - Fitness: Children progress from fundamental movement skills to demonstrating fluent agility, balance, coordination, strength, speed and stamina with controlled technique in varied physical challenges.
 - Fundamentals: Children begin by developing core movement skills such as running, balance, jumping, hopping and skipping, forming a foundation for more advanced activities in later years.
 - Gymnastics: Children progress from basic shapes, balances, rolls and jumps to performing fluent, controlled sequences incorporating inverted movements, balances, rolls and jumps with accuracy and confidence.
 - Invasion Games: Children move from exploring basic sending, receiving, dribbling and space use to applying a range of attacking and defending techniques consistently and effectively under pressure in game situations.
 - Net & Wall Games: Children progress from exploring forehands, backhands and simple rallies to using a wider range of shots, serves and footwork patterns to maintain rallies and move effectively around the court.
 - Outdoor & Adventurous Activities: Children develop from basic map-reading and communication to confidently planning, navigating and problem-solving as a team, taking on leadership roles and applying strategies.
 - Striking & Fielding: Children progress from simple striking, throwing, catching and basic fielding to performing a wide range of batting, bowling, throwing and catching skills accurately and consistently under pressure.
 - Swimming: Children develop from early water confidence to swimming at least 25 metres competently and proficiently, using a range of strokes, applying water safety skills and evaluating their own performance.
 - Target Games: Children move from accurate basic throwing, catching and striking to applying a range of techniques with increasing control and consistency under pressure.
 - Yoga: Children progress from exploring balance, flexibility, strength and focus to confidently controlling breath, transitioning smoothly between poses and using strategies to manage feelings and maintain focus.

Enrichment

- Termly whole school events – Race for Life, Potted Sports and Sports Day
- Clubs – including rugby, football, girls' football, netball, running, cheerleading & badminton
- External events - District Sports, fixtures, competitions and tournaments with other schools
- Termly Holiday Challenges
- Playground activities and games with use of the table tennis table, trim trail & fitness area

Cross-Curricular Links

- PSHE - Healthy Lifestyles
- Maths - Measurement and Time
- Science - The impact of exercise on the body

Assessment

- Whole class and verbal feedback
- Use of retrieval practice at the beginning and end of lessons
- Use of starter and plenary activities
- Teacher assessment, self-assessment and peer assessment of activities and tasks
- Referral to the progression document
- Completion of PE Foundation Subject Assessment, identifying children not achieving expected standard and those exceeding

Inclusion / Challenge & Inspire

- Everyone has access to the PE National Curriculum.
- Key vocabulary is shared and discussed throughout lessons.
- Key skills are modelled by adults and children.
- Retrieval practice promotes deeper knowledge.
- Key questions develop a deeper level of thinking.
- Secure teacher subject knowledge promotes support and extension through teaching approaches, strategies, task design, adaptations and differentiation.
- To support, challenge & inspire children, the following is provided: STEP – space, task, equipment and people; differentiation through outcome; adult and peer-support.
- A wide range of inclusive opportunities is provided for all with additional opportunities for those with particular strengths to participate in competitive competitions.
- A wide range of resources and equipment provide support, challenge and enjoyment throughout the whole school day.