

## Physical Education Overview

The role of Physical Education at Westgate C.P. School and Nursery is to develop positive attitudes towards physical activity within our children. Children will be shown the difference between ‘**exercise Vs activity**’, and encouraged to increase their activity levels, even if they dislike the idea of exercise. Intrinsic motivation to keep active and healthy will be nurtured throughout the school day and by adults sharing their active experiences with the children: **if you can’t see it, you can’t be it.**



Intent	Implementation	Impact
<p><b>All children are encouraged to:</b></p> <ul style="list-style-type: none"> <li>Take part in a wide range of activities as part of a healthy lifestyle.</li> <li>Develop a lifetime love of sport and keeping fit.</li> <li>Understand the physical, mental and social benefits that come from an extensive PE provision.</li> <li>Develop and learn valuable ‘life skills’ that can be transferable to all elements of school life and beyond in the wider community.</li> </ul> <p><b>As part of our PE provision at Westgate, we aim to:</b></p> <ul style="list-style-type: none"> <li>Provide our pupils with a broad range of opportunities, both during and outside of the school day, as part of our Physical Education (PE)</li> <li>Provide opportunities for our pupils to take part in a range of activities as part of a healthy lifestyle</li> <li>Provide pupils with the opportunity to work both independently and collaboratively with their peers as part of a group or team</li> <li>Improve health and well-being.</li> <li>Provide a broad range of high-quality opportunities and outcomes for all.</li> <li>Encourage community involvement.</li> <li>Promote active participation and competition at all levels.</li> <li>Raise achievement and supporting excellence.</li> </ul>	<p><b>As part of this planning process, teachers will:</b></p> <ul style="list-style-type: none"> <li>Provide opportunities for children to see the skill, sport, or activity being modelled by specialists, e.g. watching a video of an Olympic gymnast;</li> <li>Use relevant physiological and technical/sport-specific vocabulary – identify and ensure that this is taught and used accurately by both staff and children;</li> <li>Use the Cambridgeshire SoW, thus ensuring progression and development of skills with each year and across the Key Stages;</li> <li>Challenge pupils to strive for their Personal Best;</li> <li>Consider the opportunities for trips and visits to sporting events to enhance learning;</li> <li>Link the curriculum to the school’s INSPIRE vision and British Values;</li> <li>Identify areas of weakness and seek support from the PE lead or organise CPD.</li> </ul> <p><b>As part of this assessment process, teachers will:</b></p> <ul style="list-style-type: none"> <li>Feedback across phases and to the PE lead on the Cambridgeshire SoW to inform future delivery;</li> <li>Evaluate the strengths of their class and signpost children to the relevant local team/club if they show an interest or promise in given area.</li> </ul> <p><b>The lead will:</b></p> <ul style="list-style-type: none"> <li>Support staff with planning and assessment, CPD and training as required</li> <li>Liaise with the Bury Schools Partnership</li> </ul>	<p>Impact is measured by ensuring that children have a positive attitude towards being active. Children leaving the school at the end of Year 6 will have a strong understanding of the importance of physical activity, as well as improved proprioception and physical endurance.</p> <p><b>All children will have:</b></p> <ul style="list-style-type: none"> <li>Experienced a range of physical activities.</li> <li>A richer vocabulary which will enable them to articulate their understanding of taught concepts.</li> <li>Self-motivation, which will see them maintain activity levels throughout their lives.</li> </ul> <p><b>In addition, we measure the impact of our curriculum through the following methods:</b></p> <ul style="list-style-type: none"> <li>Monitoring and analysis of pupil progress;</li> <li>Pupil discussions about their learning;</li> <li>Termly moderation meetings, within and across phases support staff in accurate assessment of both skills and knowledge</li> <li>Termly assessment using Insight</li> </ul>

