



## PE at Wren's Nest Primary School

### Overall Aim:

**"Every child will enjoy increased participation in sporting activities and develop a healthier lifestyle."**

Wren's Nest Primary School has a sporting ethos which runs throughout the school. We offer a broad range of physical activities, giving children the opportunity to take on challenges they would not necessarily experience otherwise. Children are encouraged and supported to be physically active for sustained periods of time, as a physically active child is a healthy child. Children engage in competitive sport and activities and are able to recognise their own successes and aim for their personal bests. Succeeding and thriving in sport allows our children to feel valued and talented. Using sport, children are able to take on leadership roles, support peers and develop communication skills preparing them for life.



### Big Ideas

- ✓ Use running, jumping, throwing and catching and apply basic principles suitable for attacking and defending
- ✓ Play competitive games
- ✓ Develop flexibility, strength, technique, control and balance
- ✓ Perform dances using a range of movement patterns
- ✓ Take part in outdoor and adventurous activity challenges
- ✓ Compare their performances with previous ones and demonstrate improvement to achieve their personal best



### Content and Sequencing

- ✓ Our tailored planning meets the needs of our children. The planning shows a clear progression of skills, building on knowledge from previous year groups.
- ✓ All year groups cover gymnastics - starting with basic movements and balances in Reception, progressing to all types of travel, rolls, balances and sequences in Year 6.
- ✓ We have 'improving fitness' activities running throughout school to tackle the nationally high levels of obesity.
- ✓ Year 1 and 2 children cover basic skills, which include throwing, catching, running and jumping.
- ✓ There is progression in Year 3 and 4; children are introduced to competitive games, where they apply basic principles suitable for attacking and defending. They also strike a ball, field with control and throw and catch with accuracy.
- ✓ Finally, in Year 5 and 6 children take part in a range of invasion games, combining all techniques in game situations. Children use the most appropriate skills and tactics, field, defend and attack, lead and form part of a team, support others and uphold the spirit of fair play.
- ✓ Children progress from Sports Day Preparation in Year 1 and 2 to Athletics in Year 3 and 4 and finally Indoor and Outdoor Athletics in Year 5 and 6, covering all field and track events.



### Cross curricular links

- ✓ Direct links with:
  - Numeracy - measure, angles, decimals, distance
  - Science - healthy eating, nutrition, pulse, effects of exercise on the body
  - PSHE - Supporting friends, working as a team, why rules are needed



### Retrieval

- ✓ Using skills and knowledge in every lesson
- ✓ On-line work out videos, created by Wren's Nest staff, available for independent retrieval
- ✓ Champion Tops
- ✓ Low stake quizzes



### Progress

- ✓ OTrack assessment - summative assessment completed
- ✓ Health and fitness levels
- ✓ Children's knowledge and skills
- ✓ Engagement in lessons



### Support

- ✓ Inclusion for all children
- ✓ Children are provided with PE kits which are laundered by school to support social capital
- ✓ Children in provisions to access strength lessons
- ✓ Tiered Vocabulary
- ✓ G&T clubs
- ✓ Give opportunity to 'learn and lead'
- ✓ Subsidised swimming - reduce costs for families
- ✓ Links with local schools and clubs
- ✓ Links with sports and fitness providers such as Worcester

<ul style="list-style-type: none"> <li>✓ Wren's Nest Schema Webs of food, fashion and technology (where available)</li> </ul>		<ul style="list-style-type: none"> <li>✓ Competition results</li> <li>✓ 'Walk throughs'</li> <li>✓ Pupil voice</li> </ul>	<ul style="list-style-type: none"> <li>Cricket Club and The Village Gyms.</li> <li>✓ Change4Life Club</li> <li>✓ Bootcamp - fitness</li> <li>✓ Sports Organising Crew</li> <li>✓ Whole school sporting ethos</li> <li>✓ Staff CPD</li> </ul>
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