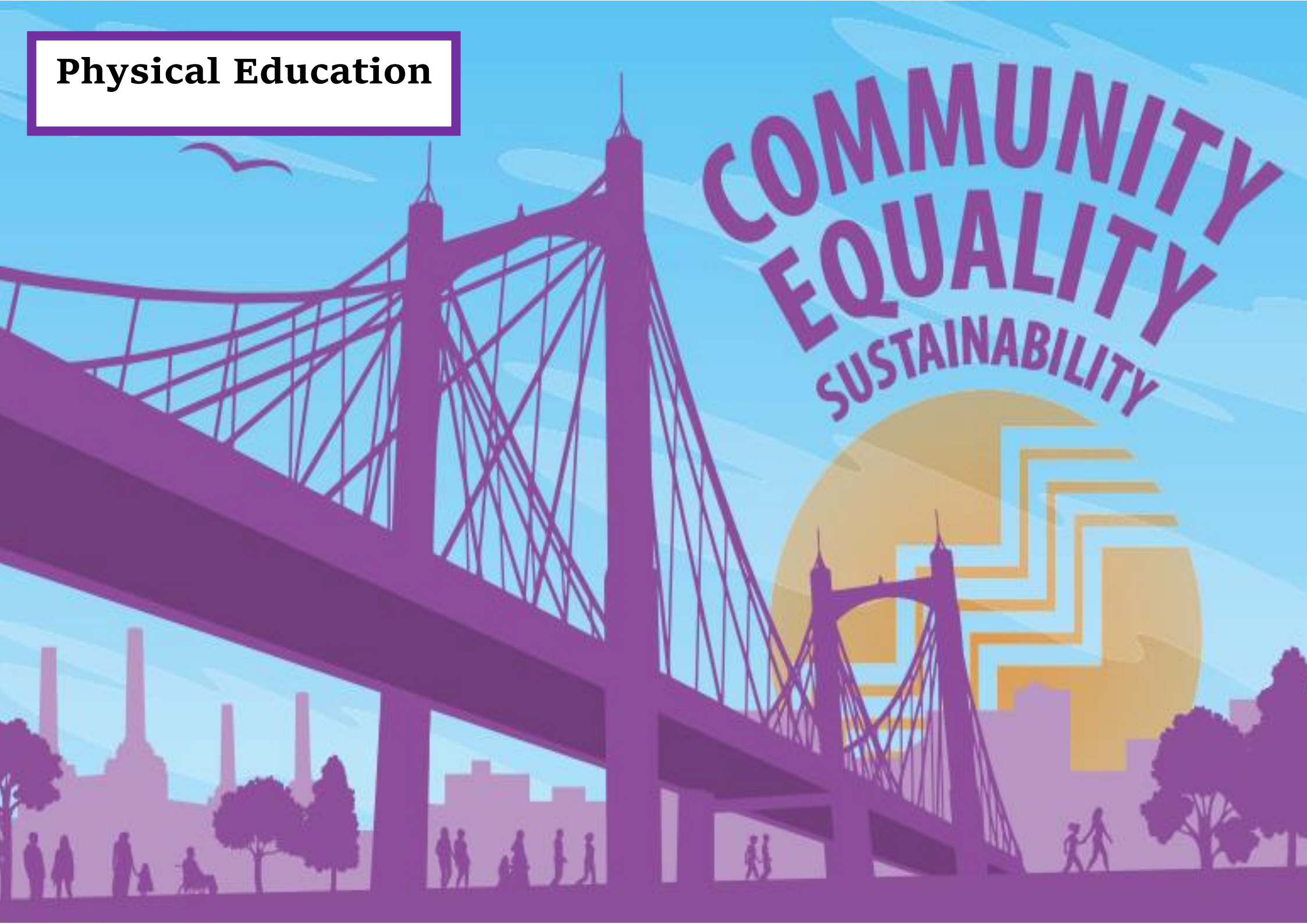


Physical Education

COMMUNITY
EQUALITY
SUSTAINABILITY



“Intelligence and skill can only function at the peak of their capacity when the body is healthy and strong”

- John F Kennedy

At Westbridge Academy, we recognise the value of Physical Education (PE) and its importance in leading a healthier lifestyle as well as impacting cognitive skills, attitudes and academic behaviour. These include enhanced concentration and attention as well as improved classroom behaviour. It is important that children at Westbridge learn how physical activity benefits the body and how exercise encourages healthy lifestyles into adulthood. Our children benefit from a broad and balanced Physical Education (PE) programme carefully designed to inspire learners to:

- become physically literate and confident in a way which supports their health and fitness
- be physically active for sustained periods of time
- engage in competitive sports and activities that build character and help to embed values
- succeed and excel in physical activities and sport
- discover skills, abilities and preferences, and make choices about how to get involved lifelong physical activity

PE teaches children to show self-discipline and that to be successful; they must show resilience and determination to achieve what they believe in. This will be emphasised in inter-year group competitions i.e. football, tennis, and sports day run throughout the year. This allows for controlled opportunities for children to understand fairness and develop tolerance and appreciation for their own and others' strengths and weaknesses. There will also be opportunities for KS2 children, who have a passion in PE, to become sports leaders where they will be responsible for supporting KS1 children regularly in sporting activities on the playground and on sports day. After school, there will be different extra-curricular sports clubs run that will change throughout the year. This will allow children that have a passion to participate in more physical

activity and develop their skills further. This passion will allow Westbridge to develop sports teams that will be able to compete against other school at a variety of competitions.

Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	Introduction to PE	Ball Skills	Gymnastics	Dance	Fundamentals	Games
Reception	Introduction to PE	Ball Skills	Gymnastics	Dance	Fundamentals	Games
Year 1	Fundamentals	Ball Skills	Gymnastics	Dance	Striking and Fielding	Athletics
Year 2	Fundamentals	Ball Skills	Gymnastics	Dance	Striking and Fielding	Athletics
Year 3	Tag rugby Netball	Hockey Handball	Gymnastics Yoga	Dance Badminton	Tennis Rounders	Athletics Cricket
Year 4	Tag rugby Netball	Hockey Handball	Gymnastics Yoga	Dance Badminton	Tennis Rounders	Athletics Cricket
Year 5	Tag rugby Netball	Hockey Handball	Gymnastics Yoga	Dance Badminton	Tennis Rounders	Athletics Cricket
Year 6	Tag Rugby Netball	Hockey Handball	Gymnastics Yoga	Dance Badminton	Tennis Rounders	Athletics Cricket

We aim for 80% of KS2 and 60% of KS1 to have participated in a competition by the time they leave school. Most importantly, PE will be fun and engaging for all pupils to build the foundation of lifelong physical activity.



#Community
#Equality
#Sustainability

Physical Education Rationale and Curriculum Coverage

