

Physical Education (PE)

Intent & Implementation

Intent

At Wingrave Church of England School, our intent for Physical Education (PE) is to promote the physical, mental, and social well-being of our pupils. We aim to develop lifelong habits of physical activity, enhance motor skills, foster teamwork and sportsmanship, and instil a positive attitude towards a healthy lifestyle. The main teaching of our PE curriculum is delivered through an external company Sports 4 All (S4A) which means our children will be receiving a rigorous curriculum delivered by experts.

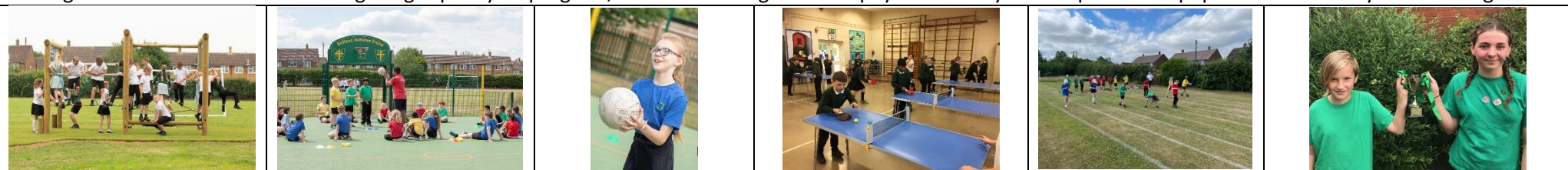
Implementation

Our goal is to improve the physical fitness of our pupils by providing a range of activities and exercises that focus on cardiovascular endurance, strength, flexibility, and overall physical well-being. The regular physical activity promotes healthy growth. We strive to develop fundamental motor skills, coordination, spatial awareness and agility among our pupils. At Wingrave, we believe in the value of teamwork, fair play and sportsmanship. S4A’s program fosters positive social interactions, teaches pupils to respect and support their peers and promotes inclusive participation. This means the children will learn the importance of collaboration, communication, and cooperation through team-based activities and sports. Personal growth and self-confidence in our pupils are other areas we aim to develop. By setting achievable goals, providing constructive feedback, and celebrating individual progress, we will help pupils develop a positive self-image and build resilience. Through physical challenges and overcoming obstacles, pupils will learn the value of perseverance and develop a growth mindset. We are committed to creating an inclusive PE environment accommodating pupils of all abilities and backgrounds. Our curriculum will be adapted to meet the diverse needs of our pupils, providing modified activities and alternative options when necessary. We will strive to ensure that every pupil feels valued, respected, and supported throughout their PE experience.

S4A collaborate with the teachers at Wingrave to design a comprehensive and inclusive PE curriculum. The coaches are trained to ensure they are equipped with the knowledge and skills to implement the curriculum effectively. Necessary equipment audits are completed, and the coaches acquire any necessary equipment to facilitate a wide range of physical activities and sports. The curriculum is communicated to teachers at the school. A system for ongoing monitoring and evaluation to track pupil progress, gather feedback, and make continuous improvements is established between S4A and the school.

Impact

By focusing on physical fitness, skill development, sportsmanship, personal growth, and inclusivity, we create a positive and lasting influence on the lives of our pupils. Through our commitment to delivering a high-quality PE program, we build lifelong habits of physical activity and empower our pupils to lead healthy and fulfilling lives.



Curriculum overview

EARLY YEARS					
TERM 1	TERM 2	TERM 3	TERM 4	TERM 5	TERM 6
INTRO 2 PE (Social Me)	PE FUNDAMENTALS (Thinking Me)	DANCE (Personal Me)	GYMNASTICS (Creative Me)	ATHLETICS (Healthy Me)	BALL SKILLS (Physical Me)

Year 1					
TERM 1	TERM 2	TERM 3	TERM 4	TERM 5	TERM 6
PE FUNDAMENTALS (Social Me)	BALL SKILLS (Thinking Me)	DANCE (Personal Me)	GYMNASTICS (Creative Me)	ATHLETICS (Healthy Me)	STRIKING AND FIELDING (Physical Me)

Year 2					
TERM 1	TERM 2	TERM 3	TERM 4	TERM 5	TERM 6
INVASION GAMES (Social Me)	BALL SKILLS (Thinking Me)	DANCE (Personal Me)	GYMNASTICS (Creative Me)	ATHLETICS (Healthy Me)	STRIKING AND FIELDING (Physical Me)

Year 3					
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“The Kingdom of Heaven is like a tiny mustard seed planted in a field. It is the smallest of all seeds but becomes the largest of plants, and grows into a tree where birds can come and find shelter.”
Matthew 13:31-32

TERM 1	TERM 2	TERM 3	TERM 4	TERM 5	TERM 6
FOOTBALL (Social Me)	BASKETBALL (Thinking Me)	DANCE (Personal Me)	GYMNASTICS (Creative Me)	ATHLETICS (Healthy Me)	CRICKET (Physical Me)

Year 4					
TERM 1	TERM 2	TERM 3	TERM 4	TERM 5	TERM 6
FOOTBALL (Social Me)	BASKETBALL (Thinking Me)	DANCE (Personal Me)	GYMNASTICS (Creative Me)	ATHLETICS (Healthy Me)	CRICKET (Physical Me)

Year 5					
TERM 1	TERM 2	TERM 3	TERM 4	TERM 5	TERM 6
FOOTBALL (Social Me)	BASKETBALL (Thinking Me)	DANCE (Personal Me)	GYMNASTICS (Creative Me)	ATHLETICS (Healthy Me)	CRICKET (Physical Me)

Year 6					
TERM 1	TERM 2	TERM 3	TERM 4	TERM 5	TERM 6
FOOTBALL (Social Me)	BASKETBALL (Thinking Me)	DANCE (Personal Me)	GYMNASTICS (Creative Me)	ATHLETICS (Healthy Me)	CRICKET (Physical Me)

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