Physical Education, School Sport and Physical Activity

Windy Arbor Primary



DREAM, BELIEVE, ACHIEVE.

PE Statement of Intent

Our PE curriculum aims to inspire all students by fostering a lifelong love of physical activity. We focus on developing physical competence, confidence, and the motivation to participate in physical activities. This aligns with our core values of dreaming big, believing in personal growth, and achieving excellence in sports and beyond.

Dream: We provide a diverse and engaging Physical Education programme that encourages students to explore a wide range of physical activities and sports. By offering experiences from traditional team sports to individual physical challenges, we enable students to dream big and discover their passions and talents in a supportive and inclusive environment. This exploration fosters a love for physical activity and the aspiration to pursue personal fitness and team sports excellence.

Believe: Our curriculum is built on the foundation of developing each student's physical confidence and competence. We cultivate a growth mindset through carefully structured activities that challenge students to step out of their comfort zones while supporting their developmental needs. Through consistent practice, reflective feedback, and positive reinforcement, students build resilience and learn to believe in their capabilities. This belief is strengthened as they experience improvement and recognise their own progress, empowering them to become confident and resilient individuals.

Achieve: We are committed to excellence through perseverance and hard work. Our PE programme focuses on developing fundamental motor skills that form the building blocks for more complex and specialised skills as students grow. By setting clear, achievable goals and employing a scaffolded approach to skill acquisition, we guide students to refine their abilities over time. This systematic development ensures that all students not only achieve their physical education goals but also acquire critical life skills such as teamwork and respect.

Through our PE curriculum, students are prepared not just to excel in sports but to become active, healthy lifelong learners who look forward to developing their next steps in their physical education journey and beyond.

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PE Curriculum Implementation

Scheme of Work

Our PE curriculum is supported by Primary PE Planning (PPP): a progressive scheme of work that provides detailed lesson plans, ensuring consistency and coherence in our teaching approach. While utilising this scheme of work, we recognise the importance of adapting our implementation and pace to ensure accessibility for all students at our school.

We understand that every child is unique, with varying abilities and learning styles, so we modify activities and provide additional support as needed to ensure that every student can fully engage and participate in PE lessons.

The scheme of work includes a variety of visual resources and videos to support staff in delivering engaging and effective lessons, catering to different learning preferences and providing additional guidance where necessary. Through this flexible approach, we strive to create a learning environment where every student feels empowered and confident to participate, learn, and succeed in PE.

Curriculum Map

At Windy Arbor, our PE curriculum is aligned with the national curriculum while also being tailored to the unique context of our school and the motivations of our pupils. We are committed to fostering a lifelong positive relationship with physical activity and sport for all our students.

Our comprehensive curriculum, coupled with a diverse range of extra-curricular activities, equips children with the skills, knowledge, and enthusiasm to engage in sport and physical activity that meets their individual needs and interests.

By supporting each child's journey in physical education, we aim to instil a lasting commitment to healthy living and active lifestyles. To ensure this, we deliver **2 hours of PE per week**, providing consistent and dedicated time for students to develop their physical abilities and a love for being active.

A full overview of our curriculum map can be found on the next page.

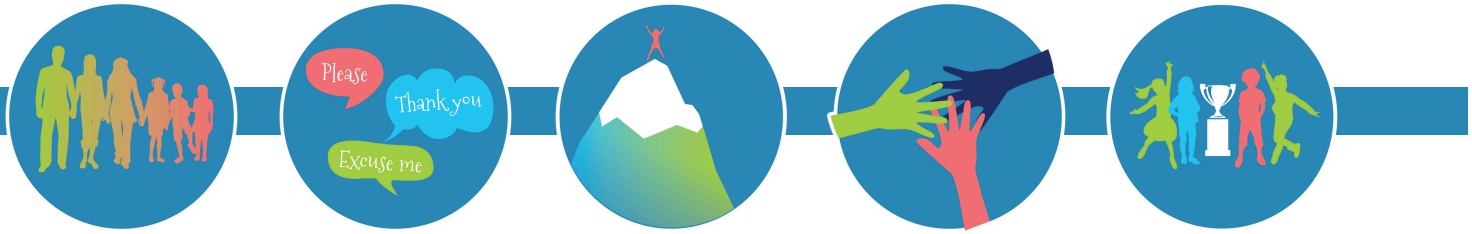
Windy Arbor Primary

PE Curriculum overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	First PE	Gymnastics	Gymnastics	Dance	Enjoy-a-ball	Athletics
Year 1	Ball Skills	Gymnastics	Gymnastics	Dance	Rugby Fundamentals	Athletics
	Relax Kids	Relax Kids	Relax Kids	Relax Kids	Relax Kids	Relax Kids
Year 2	Multi-skills & FUNS	Gymnastics	Gymnastics	Ball Games	Rugby Fundamentals	Cricket
	Fitness (pirates)	Ball Skills	Ball Skills	Dance	Yoga	Athletics
Year 3	Multi-skills	Basketball	Gymnastics	Dance	Gymnastics	Cricket
	Swimming	Swimming	Swimming	Swimming	Tag Rugby	Athletics
Year 4	Basketball	Gymnastics	Gymnastics	OAA	Tag Rugby	Cricket
	Multi-skills	Fitness	Indoor Athletics	Dance	Yoga	Athletics
Year 5&6	Basketball	Gymnastics	Gymnastics	OAA	Tag Rugby	Cricket
	Multi-skills	Fitness	Indoor Athletics	Dance	Yoga	Athletics

SMART Rules in PE

Alongside the use of the PPP we have developed our PE 'Star of the Week' Award – which rewards children who display the Windy SMART Rules, which are...



SAFE MANNERS AIM HIGH RESPECT TEAMWORK

When pupils display Windy SMART Rules during a lesson, their name is added to the recognition wall. All names on the list will be given a dojo at the end of the lesson, and if a child's name is on there more than once they will be in the running for **PE Star of the Week.**

PE Star of the Week

At the end of a PE Lesson we reward one child with our PE 'Star of the Week' certificate (shown right).

The child that receives this award will also receive 5 Dojos.



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SEND in PE

At Windy Arbor, we are dedicated to supporting our SEND pupils in fully accessing and engaging in the recommended two hours of PE each week. Our provision is continuously tailored to meet individual needs, ensuring that all students can participate meaningfully. Through personalised strategies and inclusive practices, we strive to create an environment where every child can succeed and enjoy the benefits of physical education.

To achieve this, our teachers and coaches employ various strategies, including:

STEP Principles: Adjusting Space, Task, Equipment, and People to ensure activities are accessible.

Adaptation: Modifying activities to suit individual abilities, such as using lighter equipment or alternative rules.

Scaffolding: Providing additional support and gradually reducing assistance as the pupil becomes more confident and skilled.

Differentiation: Offering different levels of challenge within the same activity to cater to diverse abilities.

Visual Supports: Using visual aids to enhance understanding and participation.

Peer Support: Encouraging collaboration and support among pupils to foster an inclusive environment.

By employing these strategies, we ensure that every child can fully engage in our PE programme and develop a life-long positive relationship with physical activity.



School Sport at Windy Arbor

Intra-House Sport

At Windy Arbor, our commitment to school sport opportunities is rooted in the belief that every child deserves access to a broad and balanced range of physical activities that align with the national curriculum.

Our provision is guided by the principles of the Youth Sport Trust and the School Games, ensuring that every pupil experiences positive competition in a variety of settings. These opportunities are designed to promote physical health, social cohesion, and personal growth: creating environments where pupils can flourish. Integrating these values into our school sport programme fosters a love for physical activity, builds resilience, encourages teamwork, and inspires excellence - preparing our students for a lifetime of active and healthy living.

The table (right) shows the intra-house competition overview for the 2024-25 academic year.

	Autumn 1	Autumn 2	Spring 1	Summer 2
KS1		Ball Skills	Gymnastics	Athletics
KS2	Rowing		Gymnastics	Athletics

For all house team competitions, children will compete within their house team: blue, yellow, red or green. During these competitions, they will have the opportunity to win points. The team with the highest number of points at the end of the year will be awarded the house cup. Children can gain points in the following ways:

Team Performance

15 points for a win, **10** points for a draw, **5** points for a loss.

Embodiment of Windy SMART Rules

25 points for displaying Safe, Manners, Aim High, Respect and Teamwork.



SAFE MANNERS AIM HIGH RESPECT TEAMWORK

Inter-School Sport

At Windy Arbor, we place a high value on participation in inter-school events, recognising their importance in fostering community spirit, enhancing social skills, and promoting a sense of achievement among our students. We are dedicated to ensuring that as many children as possible have the opportunity to represent Lea Forest at an inter-school event during their time with us. By engaging in these events, our pupils not only experience the excitement and challenge of competition but also learn the values of teamwork, perseverance, and sportsmanship. Our commitment to broad participation ensures that every child can take pride in representing our school, building confidence and creating lasting memories.



Hall of Fame & Sporting Achievement Badges





Visit our 'Hall of Fame' - which celebrates all the children that have represented Windy Arbor's **'Dream Team'** at an event this academic year, and can be found in the Hall.

Children who have represented our school in a School Games or North Solihull Sports event will be awarded our Windy Arbor Sports Badge,.



Extra-Curricular Offer

At Windy Arbor, our extra-curricular sport offer is designed to cater to all students through three key components: **Compete, Engage, and Develop.**

COMPETE

We provide opportunities for competitive sports, allowing students to challenge themselves and prepare to represent the school.

ENGAGE

We ensure that all children have access to a wide range of activities, fostering positive and varied experiences to encourage lifelong participation in physical activity.

DEVELOP

Our targeted programmes are driven by data and insights. They focus on identifying and engaging inactive children or specific groups to promote their active involvement.



This comprehensive approach aims to nurture a love for physical activity and support every child's physical and emotional well-being.

DREAM
BELIEVE
ACHIEVE