

Subject area: PE

Curriculum design

The ambition for Physical Education at Westfield is that all children have access to a thoroughly planned, progressive physical education programme, which places a real emphasis on developing a wide range of physical competences, while encouraging healthy competition and teamwork.

Children will leave Westfield with the skills and knowledge to fulfil a healthy lifestyle, understanding the benefits of regular exercise, as well as the importance of healthy living. They will have experience in a wide variety of sports and will be offered the opportunity to pursue each sport further, be that extra-curriculum or provided with information of local sports clubs.

Planning and sequencing

The progression of skills starts with fundamental movements in nursery and reception, this is then built upon and movements become linked to various sports as they progress through the school.

Every year group will teach dance, gymnastics and athletics building upon the previous year groups skills. These skills are outlined in the progression of skills document that has been produced for each year group.

Every year group will also teach two games units per year (apart from year 4 who teach one games unit and one swimming unit). Each year group teaches a different game ensuring children are able to access a whole range of team games. Each year group in KS2 will also teach a striking and fielding game. Again, these vary throughout the year groups, building upon the previous skills taught.

As children progress through the school, they will begin to critique their own performance, and think of ways they can improve. Leading to how others can improve and eventually, suggesting ways in which said improvement can be achieved.