



# Windmill Hill Primary School

*Windmill Hill is committed to lifelong learning within a caring environment.  
Together we make a difference."*

## Subject Information Physical Education

### The skills of a great physical education student:

- Demonstrate flexibility, strength, technique, control and balance through a variety of physical activities.
- Engage in competitive and co-operative sports and activities, in a range of increasingly challenging situations
- Work collaboratively as part of a team.
- Communicate effectively.
- Use initiative and problem solving skills across a range of physical activities.
- Develop resilience to overcome personal barriers
- Critically evaluate their own performances and demonstrate improvement to achieve their personal best
- Lead healthy, active lives.



### Our vision for physical education:

At Windmill Hill Primary, we believe that P.E. is a unique and vital contributor to every child's physical development and wellbeing - both mental and physical. A broad and balanced physical education curriculum is designed to ensure all children develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. Progressive and logically sequenced learning objectives, combined with varied teaching approaches, aim to provide stimulating, enjoyable and appropriately challenging learning experiences for all pupils. Throughout all tasks, it is intended that, with high expectations, low threat and careful scaffolding where needed, all children,

irrespective of their innate ability, will enjoy success and be motivated to further develop their individual potential.

Whilst retaining its unique contribution to a pupil's development, P.E. also has the potential to contribute to much wider areas of learning and wellbeing so meaningful cross-curricular opportunities are actively sought out and exploited.

The World Health Organisation states that 'children and youths aged 5-17 should accumulate at least 60 minutes of moderate to vigorous-intensity physical activity daily'. At Windmill Hill Primary we aim to give every child the opportunity to be physically active for at least 30 minutes each day. We have fully embraced the Daily Mile over the past few years, supported by The Daily Mile Foundation.



## Overview

*"A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect."*

## Physical Education Intent

The Physical Education Curriculum at Windmill Hill aims to:

- Help children become physically active and to help them understand the importance of physical activity in promoting a healthy active life.
- To teach all children to swim at least 25 metres before the end of Year 6 and how to remain safe in and around water.
- Help children develop appropriate skills as they participate in a broad range of physical activities.
- Give the children opportunities to enjoy and engage in competitive sport, games and physical activities in a challenging situation, both within school and in the wider community.



- Help children develop fundamental movement skills becoming increasingly competent and confident.
- Have a keen interest in PE – a willingness to participate eagerly in every lesson, highly positive attitudes and the ability to make informed choices about engaging fully in extracurricular activities.

### **Physical Education Implementation**

Teachers follow a long-term plan and a scheme of work. This ensures the coverage of the skills across all year groups covering the National Curriculum objectives.

- A cycle of lessons for each topic that plan for progression and depth across each year group (end points).
- Opportunities for the children to apply skills learnt in intra and inter school competitions.
- Questioning in lessons support pupils in applying their learning and understanding.
- Children in KS2 and Year 2 have an hour swimming lesson for a half term each year.
- Opportunities for the children to work with expert coaches in lessons and extracurricular clubs.
- Working with Halton Healthy Schools to support children and parent's understanding of the importance of physical activity and living a healthy active lifestyle.
- Opportunities of physical activity throughout the school day (break times, lunchtimes and lessons)
- Trips to sporting events or activities to broaden the experiences of the children (PettyPool, School Games competitions).



### **Physical Education Impact**

Our PE Curriculum is high quality, well thought out and is planned to demonstrate progression. If children are keeping up with the curriculum, they are deemed to be making good or better progress. In addition, we measure the impact of our curriculum through the following methods:

- Pupils are assessed at the end of each half term against objectives for each topic.
- Pupil discussion about their learning in lessons and through Pupil Voice.
- Annual tracking of pupils (Pupil Premium, SEND, girls and boys) attending extracurricular activities and inter school competitions.
- Celebration of sporting achievements in and outside of school during assemblies

- Staff questionnaires to support areas of development in teaching (CPD) and the curriculum.

[Click here](#) to see the National Curriculum Programme of Study for Key stages 1 & 2.

#### The main elements to the PE curriculum:


- **Invasion Games** (including basketball, cricket, football, netball, rounders and TAG rugby, through which pupils will apply basic principles suitable for attacking and defending).
- **Dance** (through which pupils will perform using a range of movement patterns).
- **Gymnastics & Yoga** (through which pupils will develop flexibility, strength, co-ordination, control and balance).
- **Athletics** (through which pupils will develop running, jumping and throwing skills, both in isolation and in combination).



Helping your  
physically active at home:

child to stay







## How much physical activity do kids and teens need?

**At least 60 minutes every day.**

Most of that time can be **moderate-intensity aerobic activity** — anything that gets their heart beating faster counts.


And at least 3 days a week, encourage them to step it up to **vigorous-intensity aerobic activity**, so they're breathing fast and their heart is pounding.






**As part of their daily 60 minutes, kids and teens also need:**

**Muscle-strengthening activity**  
at least 3 days a week



Anything that makes their muscles work harder counts — like climbing or swinging on the monkey bars.


**Bone-strengthening activity**  
at least 3 days a week



Bones need pressure to get stronger. Running, jumping, and other weight-bearing activities all count.

**AND**

Walk. Run. Dance. Play. **What's your move?**



**Active Families** – gain access to ideas and activities designed to encourage children to be active

<https://www.getset4pe.co.uk/ResourceBank/ResourceCategory/1002>

**The Daily Mile Foundation** – get some ideas for joining in with the Daily Mile at home

<https://thedailymile.co.uk/>

