



Westfield Infant School Spotlight on Physical Education



What is Physical Education and how is it taught?

Physical Education at Westfield Infant School focuses on providing children with opportunities to develop their physical skills, promote teamwork, and enhance their overall health and well-being, as outlined in the National Curriculum. We teach Physical Education to our children to promote their physical development, enhance their motor skills, and encourage a healthy lifestyle. Engaging in PE helps our children improve their coordination, balance, and overall fitness while fostering teamwork, social skills, and self-confidence. Additionally, physical activity supports their cognitive development and emotional well-being, laying a strong foundation for lifelong health and fitness habits. At Westfield Infant School, we teach Physical Education by following the GetSet4PE program, which is a well-sequenced PE curriculum designed to provide comprehensive coverage of physical skills, teamwork, and health awareness. Physical Education is taught throughout the week - EYFS: Friday mornings and throughout their continuous provision - Year 1: Tuesday and Friday afternoons - Year 2: Monday and Thursday afternoons - Resource Base: Monday mornings and throughout their continuous provision and inclusion. This schedule ensures that all children have regular opportunities to engage in physical activities, develop their skills, and enjoy the benefits of an active lifestyle.

How do we support all learners to access Physical Education?

We are committed to supporting learners with Special Educational Needs and Disabilities as well as those with English as an Additional Language in our Physical Education lessons. One of the key ways we do this is through the implementation of the **STEP** framework. **Space, Task, Equipment, and People**. This is a flexible approach to adapting activities to meet the diverse needs of all learners. **Space:** If required, we modify the physical space in which activities are conducted. **Task:** If required, we scaffold the tasks and activities based on the child's ability. **Equipment:** If required, we adjust the equipment used in lessons to support learners effectively. **People:** We ensure that support is available from teachers and teaching assistants to provide additional guidance and encouragement.

How do we assess the children's knowledge and understanding in Physical Education?

At Westfield Infant School, we support learners in remembering what they have learned in Physical Education through the use of Knowledge Organisers from the GetSet4PE curriculum. These Knowledge Organisers serve as visual aids that outline key concepts, vocabulary, skills, and techniques related to each lesson. Children can see these organisers displayed during lessons, allowing them to reference important information as they engage in activities. Additionally, we implement a weekly review where we revisit what the children have learned in PE (amongst other subjects), incorporating specific questions related to the Knowledge Organisers. This review not only

reinforces their understanding but also encourages them to recall and articulate their knowledge, which aids in retention.

In addition, we assess the children's knowledge and understanding in Physical Education using the GetSet4PE framework, which provides a robust assessment method at the end of each unit. This assessment allows us to measure the children's progress and grasp of key concepts. Assessments are aligned with the learning objectives, allowing teachers to identify areas of strength and areas that may need further support. Additionally, we encourage self-assessment and peer feedback, where children reflect on their performance and provide constructive comments to one another. This not only enhances their understanding of their own learning but also fosters a sense of ownership and responsibility in their physical education journey.

How do we involve parents and carers in Physical Education?

At Westfield Infant School, we actively involve parents and carers in Physical Education to foster a supportive community and enhance the children's learning experiences. Here are some ways we do this: Knowledge Organisers on Class Dojo - We share Knowledge Organisers related to our PE curriculum on Class Dojo. This allows parents and carers to see what their children are learning, understand the key concepts and skills being taught, and engage in discussions about physical activities at home. Sports Day - We invite parents and carers to participate in our Sports Day events. This not only encourages family involvement but also allows parents to witness their children's physical achievements and the importance of teamwork and sportsmanship in a fun and supportive environment. Healthy School Week - During Health School Week, we welcome parents and carers into the school and focus on health and physical well-being.

How do we promote wider opportunities for Physical Education?

At Westfield Infant School, we promote wider opportunities in Physical Education through a variety of initiatives designed to engage students and foster a love for sports and physical activity. Here are some key ways we do this: Weekly Sporting Achievement Assembly - We hold a weekly assembly dedicated to celebrating sporting achievements. This provides a platform for students to share their successes, whether in school or outside of it, and encourages a sense of pride and motivation among their peers. Sporting Achievement Display Board - We maintain a display board that showcases the accomplishments of our students in various sports. This visual representation not only recognises individual and team efforts but also inspires others to participate and strive for their own achievements. After School Clubs - We offer a range of after-school clubs that include multi-sports, dodgeball, football, and gymnastics. These clubs provide students with additional opportunities to develop their skills, try new activities, and engage with their peers in a fun and supportive environment. External Competitions - We actively participate in external competitions, allowing students to compete against other schools. This exposure not only enhances their competitive spirit but also helps them develop resilience, teamwork, and sportsmanship.