



## Physical Education

### Intent

The intent of the primary physical education curriculum is to develop pupils' physical competence, confidence and enjoyment of physical activity. The curriculum aims to ensure that all pupils develop fundamental movement skills and are able to apply these skills across a wide range of physical activities. It is designed to promote healthy, active lifestyles and to foster positive attitudes towards physical activity and sport.

The curriculum also intends to support pupils' social and emotional development by encouraging teamwork, cooperation, resilience and respect for others. It ensures that all pupils, including those with special educational needs and disabilities and disadvantaged pupils, are fully included and supported to achieve their potential. By the end of primary school, pupils are intended to be physically active, confident movers who understand the importance of physical activity for their health and wellbeing.

### Implementation

At Woodside Academy, PE is taught at least twice a week. The first session is with the school coach and the second is with their class teacher.

The school provides a broad and balanced PE curriculum using the PE Primary scheme in both KS1 and KS2 to aid and increase children's self-confidence in relation to their ability to manage themselves and their bodies within a variety of movement situations.

The school facilitates learning with equipment that is accessible to all. Activities are adapted to meet the needs of SEND and less confident pupils.

We have a balanced coverage of:

- Fundamental movement skills
- Games
- Gymnastics



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- Dance
- Athletics
- Swimming (where applicable)
- Outdoor and adventurous activities

**Cross Curricular learning** - Scientific understanding of the body and healthy lifestyles are embedded into PE lessons as links to Science and PSHE but also to encourage deeper understanding of their bodies and encourage personal targets. Mindfulness is promoted, which encourages children to be physically, psychologically and socially aware of their own bodies, promoting self - regulation.

**Outdoor Activity Adventures** - Woodside pupils in years 4, 5 and 6 have residential visits to a range of outside agencies which provide a wide variety of experiences for our pupils - PGL (year 6), Bushcraft (year 5) and Thriftwood (year 4).

The school offers a variety of different school clubs before school and afterschool. A full list is available on our website. The school offers a mix of free clubs and paid clubs. The paid clubs in the mornings and afterschool are for when the teaching input is more coaching based with competition and awards as outcomes or when they are run by outside agencies that come into the school to train and scout for talent to join outside clubs e.g. First kick, Westham and Orsett Cricket Club.

Children of all abilities will be encouraged to join extracurricular clubs and organisations with the aim of extending their interest and involvement in sport to clubs in the Thurrock community with improved sporting links which are displayed in school and on the school website.

Outside Sporting achievements are celebrated in celebration assemblies.

Sports captain leadership programme from Thurrock SSP. This involves volunteering to help at sports clubs to support pupils of all ages in extra curriculum clubs along with tasks and activities to promote physical activity in schools.

Woodside takes pride in attending all Thurrock SSP events in order to provide opportunities to as many pupils as possible to compete against other schools giving valuable sporting experiences.



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## Impact

As a result of the physical education curriculum, pupils demonstrate improved physical skills, coordination and overall fitness. They show increased confidence and enjoyment when taking part in physical activity and are willing to challenge themselves and try new activities. Pupils develop positive attitudes towards teamwork, fair play and leadership.

Pupils' progress is evident through observations, assessment information and pupil voice, which show high levels of engagement and enjoyment in physical education. Participation in extra-curricular activities and school sport is strong, including those with special educational needs and disabilities.

By the time pupils leave Woodside Academy, they have the knowledge, skills and motivation to lead healthy, active lifestyles. They are well prepared for the next stage of their physical education journey and for continued participation in physical activity beyond school.