

Woodside Academy

PE

Intent

At Woodside Academy our vision is “excellence through opportunity” looking at this through a PE lens states that we as a school, provide everyone, regardless of their age, background, or level of ability, with an opportunity to participate in a variety of different sports. We recognise diversity and facilitate to the needs of our children. We understand the holistic benefits of high impact lessons which progresses a child’s physical, cognitive, social and emotional development. PE is an integral part of the curriculum to be enjoyed by all children. We aim to make sport inclusive and assessible for all, with the provision of a variety of sports and sporting equipment to encourage participation to a range of children. With links to external clubs in the community grass route schemes, we aim to encourage lifelong participation in sport.

We believe Inclusion leads to success.

Implementation

- Children receive 2 high quality sessions of PE each week, the first session through the school coach/ or class teacher and the second through the class teacher.
- The school provides a broad and balanced PE curriculum using P.E 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 high quality equipment that is accessible to all.
- Children participate in high impact lessons which cater for the different strengths, needs and preferences of each child by using differentiated activities (using STEP- where appropriate) consisting of

individual paired and group activities- with adoption of Mastery based learning in sessions as a way of adapting.

- The development of personal achievement, fair play, teamwork, and an understanding of the ways in which sport can transcend social and cultural boundaries. A range of activities will therefore be provided with a broad base of movement knowledge, skills and understanding, which children can refine and expand throughout their primary school years.
- Cross Curricular- 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 and intrinsic value to participate in sporting activities linked to mental health and PSHE lessons.
- OAA – the school visits outside agencies for this - year 6 visit PGL, Year 5 visit Grangewaters and year 4 visit Wat Tyler.
- The school offers a variety of different school clubs before school, during lunch and afterschool. First kick, Westham and Orsett cricket club are some of the outside agencies that come into the school to train and scout for talent to join outside clubs.
- The Royal Opera House has links with the school in year 3 with Ballet grass route schemes and potential of a bursary for 2 children yearly.
- The school offers some paid clubs in the mornings and afterschool, where the teaching input is more coaching based with competition and awards as outcomes.

- Mass participation is key in most clubs however some squad sessions are allocated for competition. Participation is monitored by sport leads as well as surveys carried out by Sport's coordinator and Sport's coach to explore attitudes towards PE and find out who participates in extracurricular activities.
- As a means of monitoring fitness, we as a school completed a fitness test as a way to encourage personal targets, the test will be using this year will be the Cooper's run which will be collected by class teachers/ sport's coach and analysed by the Sport's coordinator.
- 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.

Impact

We aim to produce healthy and physically aware children that enjoy all sport, with potential lifelong participation. We help motivate children to participate in a variety of sports through quality teaching that is engaging and fun. We equip our children with the necessary skills that can be

transferable from sport to sport creating a love for physical activity.
Ultimately giving all pupils the key knowledge and skills to live happy
and healthy lives from their experiences.

PE is assessed on O-track by the Sport's coach or class teacher.