



WPMS P.E Department

“CREATING TOMORROW’S ROLE MODELS BY COMBINING
TRADITIONAL VALUES WITH FUTURES THINKING.”



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Key Concepts

MOTOR COMPETENCE

MOVEMENT

AGILITY

BALANCE

CO-ORDINATION

RULES, STRATEGIES & TACTICS

COMPETITION

SEQUENCE

PERFORMANCE

HEALTHY PARTICIPATION

FAIRNESS

TEAMWORK

RESILIENCE



Curriculum Vision Statement

At WPMS our vision is to provide the best opportunities for our children, to experience, enjoy and excel in high quality physical education and competitive sports.



Intent

Our aim is to ensure pupils develop lifelong learning through a diverse, inclusive and structured curriculum with strong links to our core values of working hard, respecting each other and looking after the environment.

Pupils participate in a broad range of physically demanding activities which develop curiosity to explore out of school opportunities. We want our pupils to leave us with a love for sport and improved resilience changing their thought process from 'I can't' to 'How can I achieve it?'.

We aim to deliver high quality teaching and learning opportunities which enable all children to succeed. Children participate in core P.E and competitive sports where we embed our beacon values such as collaboration, cooperation and respect as well as adhering to the principles of fairness and sportsmanship.

Furthermore, leadership opportunities are a constant in lessons, during enrichment and as part of our sports leader programme.

We understand the importance PESSPA has on children's' general health and mental well being. We provide opportunities and provision to ensure all students have access to physical activity and teach them the importance of leading healthy, active lifestyles.



Implementation

PE at WPMS provides enjoyment and challenge through a range of core PE and competitive sport activities including; dance, gymnastics, health & fitness, invasion games, athletics, net & wall, outdoor pursuits and swimming.

Children participate in 3 hours of core PE and competitive sports per week. Our schemes of work are carefully planned in relation to the national curriculum guidelines and we ensure pupils meet this criteria.

We write our own schemes of work which are enriched with up to date best practice and use current research through our PE scholar subscription to ensure progressive and engaging lessons across the school. Through competitive sports children enjoy and excel in intra year competitions in a variety of sports with beacon values embedded throughout. Furthermore children have opportunity to represent the school in a number of fixtures each term and we provide strong links with our neighbouring schools to provide further provision for competition.

SEND children have opportunity to enjoy inclusive competition through the school games initiative and external providers such as Bee Active glow sports and Dance fit have heightened our students experience of P.E. Part of our health & fitness topic includes completing the couch 2 5k programme which encourages 60 active minutes of exercise a day. We also offer residential opportunities at every age group and offer a hugely popular sports day with over 250 parents in attendance.

Children participate in several initiatives to promote overall well being such as couch to 5k, Wow walk to school,



Impact

Our P.E curriculum is inclusive and progressive and this allows all children the opportunity to develop their skills, application and knowledge. P.E lessons are fun and children often talk about the subject as being their favourite.

Our pupils are physically active and this has a positive correlation with their learning in the classroom. Through our curriculum, many children access provision to further their desire to play more sport outside of school. Children at WPMS participate well in lessons, take part in extra curricular clubs, are part of an organised club or play sport in their free time. They also understand the importance of leading a healthy lifestyle and how sport can provide a positive impact on their mental well being.

Impact is consistently measured by a range of different methods throughout school. Senior leaders take regular learning walks and speak with children directly to assess learning and enjoyment. Children complete questionnaires to inform department leaders about their experience of P.E and sport in the school. Spending is carefully budgeted and assessed to ensure all pupils needs are met and new experiences had. Assessment, in both formative and summative methods, are fully embedded to monitor implementation being accurate. Regular photo and video analysis, pupil modelling, self and peer assessment and assessment grids are all used to monitor pupil progress.

Children leave school in year 8 with a love of sport and aspiration to continue doing some form of physical activity on the next stage of their journey.



Beacon Values

Respectful – understanding how important it is, to always respect each other including team mates and the opposition. Respecting umpires and referees when decisions are made, especially when they don't go the way they hoped.

Resilient – facing fears, challenges, trying something new and not giving up when something is difficult or they are losing in a team sport or event.

Resourceful – Supporting peers and staff at all times whether it's setting up for extra curricular clubs or setting up in PE and competitive sports.

Responsible – remembering what additional kit they need for competitive sports. Taking responsibility for any actions or decisions made in a team sport.

Collaborative – working together to support their peers and encourage each other to do well. Support in team events such as sports day, fixtures and events.

Reflective – Being able to reflect and self assess on your own performance and others with confidence when peer assessing. Reflecting at the end of a fixture or event is also important.

Keen to participate – providing many opportunities for students to get involved. Having a full inclusive time table for PE, competitive sports and extra curricular clubs and also when entering events. This creates curiosity and the want to try something new.



Cultural Capital

Year 5	Year 6	Year 7	Year 8
Black History Month - presentation on all past and present successful sporting heroes and role models	Black History Month - presentation on all past and present successful sporting heroes and role models	Black History Month - presentation on all past and present successful sporting heroes and role models	Black History Month - presentation on all past and present successful sporting heroes and role models
School show / Performance delivered every summer	School show / Performance delivered every summer	School show / Performance delivered every summer	School show / Performance delivered every summer
Inclusive sports competition for year 5 ran at our school for all first schools and middle schools	Fitness Club. Boxing Club,	Fitness Club. Boxing Club, students can achieve their Preliminary Level 1 Non Contact Boxing Award. Mindfulness club	Fitness Club. Boxing Club, students can achieve their Preliminary Level 1 Non Contact Boxing Award, yoga
2 night/ 3 day residential Laches Wood - enrichment, cross curricular	4 nights/5 Day residential at PGL Borreatton Park - team building, facing challenges, adventurous activities	4 night/ 5 day residential at PGL Dorset - cross curricular with geography, water sports, coastal location, enrichment	7 night/ 8 day residential at PGL South of France - Culture, language, water sports, cuisine
Sports Day. All years district and county Athletics competitions at Rowley Park and Tamworth Stadium. Athletics club/practice.	Sports Day. All years district and county Athletics competitions at Rowley Park and Tamworth Stadium. Athletics club/practice.	Sports Day. All years district and county Athletics competitions at Rowley Park and Tamworth Stadium. Athletics club/practice.	Sports Day. All years district and county Athletics competitions at Rowley Park and Tamworth Stadium. Athletics club/practice.
Fully inclusive extra curricular timetable	Fully inclusive extra curricular timetable	Fully inclusive extra curricular timetable	Fully inclusive extra curricular timetable
Bee Active Club	Bee Active Club		



Y5 Assessment overview

Autumn 1	Autumn 2
<p>Topic: Problem Solving</p> <p>Core Assessment/s: Solving a problem of their choice.</p> <p>Knowledge/Skills Assessed: Collaboration Reasoning Creativity Reflective Self-managers</p>	<p>Topic: Health and Fitness</p> <p>Core Assessment/s: Circuit Training</p> <p>Knowledge/Skills Assessed: Effects of exercise Flexibility Concept of muscular endurance Motivation</p>
Spring 1	Spring 2
<p>Topic: Gymnastics Floor</p> <p>Core Assessment/s: Gymnastics routine performance</p> <p>Knowledge/Skills Assessed: Balance Movement Safety Coordination Sequence Flexibility</p>	<p>Topic: Dance</p> <p>Core Assessment/s: Group Dance Sequence / Performance</p> <p>Knowledge/Skills Assessed: Actions Space Dynamics Relationships Performance – solo & group Movement Coordination Sequence Dances from around the world Culture Movement memory Choreography</p>
Summer 1	Summer 2
<p>Topic: Athletics</p> <p>Core Assessment/s: Each separate event</p> <p>Knowledge/Skills Assessed: Jumping Running/ Sprinting Throwing Endurance Pace</p>	<p>Topic: Net and Wall</p> <p>Core Assessment/s: Tennis and Table Tennis game play</p> <p>Knowledge/Skills Assessed: Footwork Forehand Backhand Position Agility</p>

Y5 End Points

Knowledge:

- Understand and apply basic principles of attacking and defending in a variety of team sports.
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.
- Demonstrate intrapersonal skills such as teamwork, respect, communication and empathy when playing team and individual sports.

Skills:

- Use running, jumping, throwing and catching in isolation and in combination.
- Play competitive games.
- Develop flexibility, strength, technique, control and balance in dance and gymnastics.
- Perform motifs in dance using a range of movement patterns through different styles of dancing from around the world.
- Perform sequences in gymnastics demonstrating a variety of balances, jumps and linking, moves.
- Take part in team building activities, outdoor and adventurous activity challenges both individually and within a team.
- Taking part in swimming lessons and being able to swim 25m by the end of year 5.



Year 6 Assessment Overview

Autumn 1	Autumn 2
<p>Topic: Boxing</p> <p>Core Assessment/s: Preliminary Award</p> <p>Knowledge/Skills Assessed: Stance Guard Footwork Discipline</p>	<p>Topic: Health and Fitness</p> <p>Core Assessment/s: Circuit Training</p> <p>Knowledge/Skills Assessed: Cardiovascular System Training Zones Circuit training Endurance Healthy Active Lifestyles</p>
Spring 1	Spring 2
<p>Topic: Gymnastics</p> <p>Core Assessment/s: Gymnastics routine performance</p> <p>Knowledge/Skills Assessed: Balance Movement Safety Coordination Sequence Flexibility Isolation Tension Transfer of weight Symmetry</p>	<p>Topic: Dance</p> <p>Core Assessment/s: Group Dance Sequence / Performance</p> <p>Knowledge/Skills Assessed: Actions Space Dynamics Relationships Movement Coordination Sequence Rhythm Movement memory Choreography Performance skills Themes</p>
Summer 1	Summer 2
<p>Topic: Athletics</p> <p>Core Assessment/s: Each separate event</p> <p>Knowledge/Skills Assessed: Jumping Running/ Sprinting Throwing Endurance Pace</p>	<p>Topic: Net and Wall</p> <p>Core Assessment/s: Tennis game play</p> <p>Knowledge/Skills Assessed: Footwork Serve Forehand Backhand Position Agility</p>



Year 6 End Points

Knowledge:

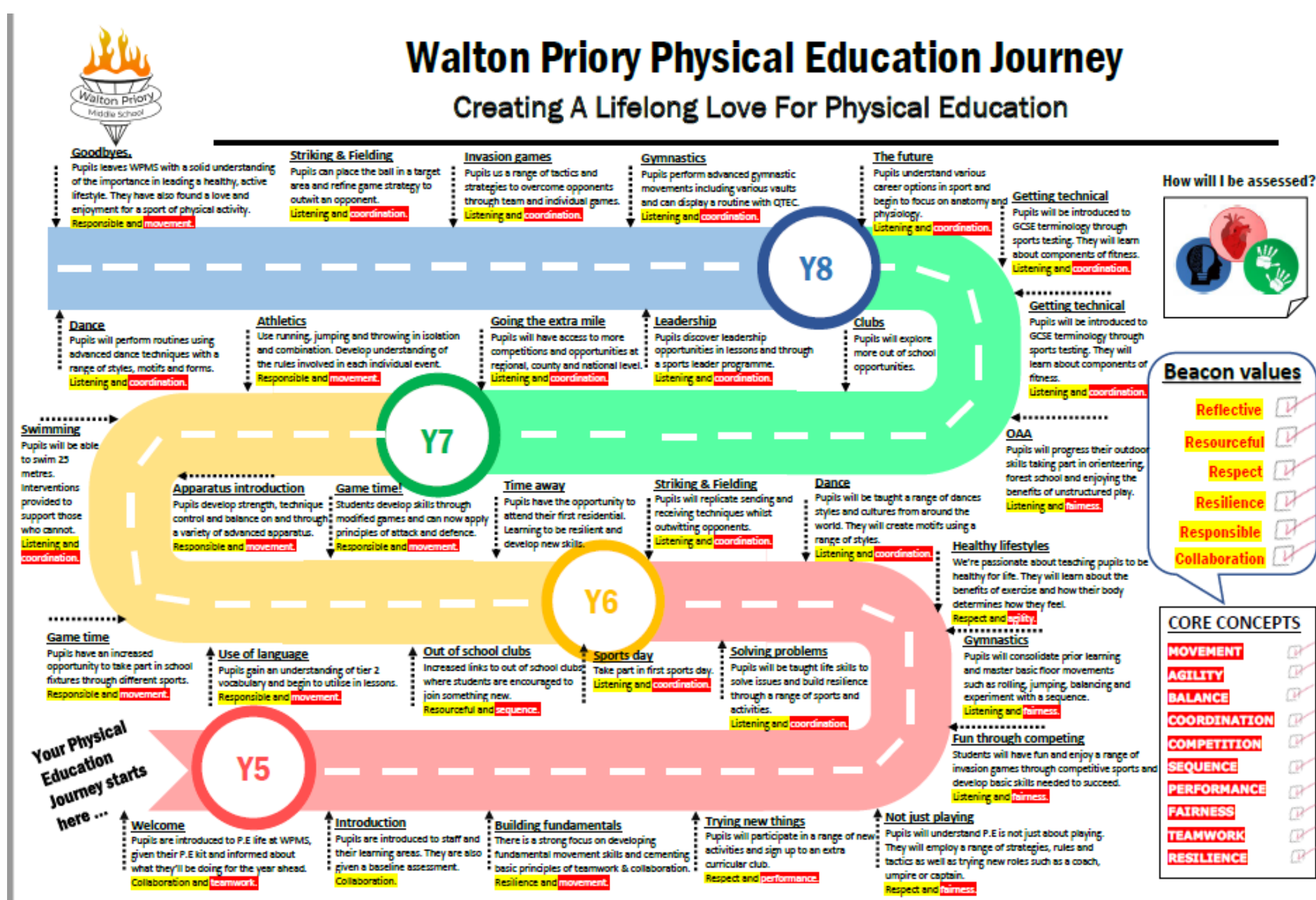
- Apply fundamental skills to an increasing range of activities and competitive sports.
- Recognise and evaluate their own success.
- Understand why its important to have the knowledge of techniques and tactics in sports and physical activities

Skills:

- Develop and apply basic principles of attacking and defending in a variety of team sports.
- Perform dances using a range of movement patterns, whilst starting to explore relationships, dynamics, space and actions.
- Develop flexibility, strength, technique, control and balance in gymnastics through the use of apparatus.
- Communicate, collaborate and compete with each other.



Learning Journey





Year 7 Assessment Overview

Autumn 1	Autumn 2
<p>Topic: Boxing</p> <p>Core Assessment/s: Preliminary Award</p> <p>Knowledge/Skills Assessed: Stance Guard Footwork Discipline Combinations</p>	<p>Topic: Health and Fitness – Sports Testing</p> <p>Core Assessment/s: Group designed sports test</p> <p>Knowledge/Skills Assessed: Cardio Vascular Endurance Agility Reaction time & Speed Flexibility & Balance Strength & Power Coordination Muscular Endurance</p>
Spring 1	Spring 2
<p>Topic: Gymnastics Apparatus</p> <p>Core Assessment/s: Gymnastics routine performance</p> <p>Knowledge/Skills Assessed: Achieving Balance Linking moves Safety Headstands Isolation Weight bearing Handspring Use of low and intermediate apparatus</p>	<p>Topic: Dance</p> <p>Core Assessment/s: Group Dance Sequence / Performance</p> <p>Knowledge/Skills Assessed: Actions Space Dynamics Relationships Movement memory Coordination Choreography Awareness of performance</p>
Summer 1	Summer 2
<p>Topic: Athletics</p> <p>Core Assessment/s: Each separate event</p> <p>Knowledge/Skills Assessed: Jumping – standing long jump, triple & high jump Running – spring technique Endurance – middle/long distance Pace - middle/long distance Throws – shot put and discus Pentathlon</p>	<p>Topic: Net and Wall</p> <p>Core Assessment/s: Tennis game play</p> <p>Knowledge/Skills Assessed: Footwork Serving action Forehand and groundstroke Volley Position Tactics Half court singles games</p>



Year 7 End Points

Knowledge:

- Increase knowledge of techniques and tactics used in sports and physical activities.
- Compare and contrast the fundamental techniques in a range of sports in isolation and drills.
- Understand the components of a warm up and cool down and the importance of it.

Skills:

- Understand the immediate effects of exercise on the body and basic training methods to improve cardiovascular fitness.
- Demonstrate a variety of warm up/cool down exercises confidently linking them to the sports/activity they are doing.
- Perform dances using advanced dance techniques within a range of dance styles and forms.
- Develop their technique and improve their performance in other competitive sports [for example, athletics, dance and gymnastics].
- Demonstrate a range of tactics and strategies to apply to overcome opponents in direct competition through team and individual games [for example, basketball, cricket, football, hockey, netball, rounders, rugby, tchoukball, handball, volleyball and tennis].



Year 8 Assessment Overview

Autumn 1	Autumn 2
<p>Topic: Boxing</p> <p>Core Assessment/s: Preliminary Award</p> <p>Knowledge/Skills Assessed: Stance Guard Footwork Discipline Combinations Creation of own sequence/combination</p>	<p>Topic: Health and Fitness</p> <p>Core Assessment/s: Group designed session</p> <p>Knowledge/Skills Assessed: Power Training Speed Training Resistance Training Aerobic Training Agility Training Flexibility and Balance training</p>
Spring 1	Spring 2
<p>Topic: Gymnastics Apparatus</p> <p>Core Assessment/s: Demonstrate 3 favourite vaults</p> <p>Knowledge/Skills Assessed: Flight through movement Vaulting Review vaulting Headstand Headspring Handspring Neck spring Concept of tariff Develop notion of movement on apparatus before exit Pommel work</p>	<p>Topic: Dance</p> <p>Core Assessment/s: Group Dance Sequence / Performance</p> <p>Knowledge/Skills Assessed: Actions Space Dynamics Relationships Movement memory Coordination Choreography Awareness of performance</p>
Summer 1	Summer 2
<p>Topic: Athletics</p> <p>Core Assessment/s: Each separate event – analysing self and peer performances</p> <p>Knowledge/Skills Assessed: Sprinting technique High jump technique Stand long jump Triple Jump Middle Distance Short distance Javelin Discus Mini Athletic competition</p>	<p>Topic: Net and Wall</p> <p>Core Assessment/s: Tennis game play</p> <p>Knowledge/Skills Assessed: Review of grip/stance/footwork Short tennis Double handed swing Forehand volley Rules Scoring Performance – self and peer Game analysis</p>



Year 8 End Points

Knowledge:

- Establish more advanced skills, techniques and tactics used in sports and physical activities.
- Demonstrate an understanding of rules and regulations for a range of sports and the roles of different types of officials.
- Understand safety factors during physical activity and sport for more advanced activities and the importance of this.

Skills:

- Analyse further advanced compositional ideas to improve performance in dance, including accurate replication and developing choreography.
- Techniques in a range of sports in increasingly complex drills under pressure.
- Overcome challenging opponents in competitive situations in team and individual games.
- Demonstrate pressured decision making in competitive sports, including some analysis of opponents' strategies.
- Perform contemporary and traditional dance styles and techniques, including accurate replication and developing.
- Choreograph their own dance and analyse each other's performances.
- Take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group.
- Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best.



Curriculum on a page

	Term	Core PE	Competitive Sports
Year 5	Autumn	Target Games OAA - Problem Solving Health and Fitness	Football, Netball, Indoor Hockey, Forest School and Swimming
	Spring	Gymnastics (Floor and Apparatus) Dance	Basketball, Tchoukball, Tag Rugby, Forest School and Swimming
	Summer	Athletics Net and Wall	Cricket, Rounder's, Handball, Forest School and Swimming
Year 6	Autumn	Multi-Sport Golf Boxing Health and Fitness	Football, Netball, Indoor Hockey and Forest School
	Spring	Gymnastics (Apparatus) Dance	Basketball, Tchoukball, Tag Rugby and Forest School
	Summer	Athletics Net and Wall	Cricket, Rounder's, Handball and Forest School
Year 7	Autumn	Multi-Sport Golf Boxing Health and Fitness	Football, Netball, Indoor Hockey and Forest School
	Spring	Gymnastics (Apparatus) Dance	Basketball, Tchoukball, Tag Rugby and Forest School
	Summer	Athletics Net and Wall	Cricket, Rounder's, Handball and Forest School
Year 8	Autumn	Multi-Sport Golf Boxing Health and Fitness	Football, Netball, Indoor Hockey and Forest School
	Spring	Gymnastics (Apparatus) Dance	Basketball, Tchoukball, Tag Rugby and Forest School
	Summer	Athletics Net and Wall	Cricket, Rounder's, Handball and Forest School