

# Woodchurch Road PE activity map



Our journey starts with fundamental movement Skills developed from EYFS through KS1. In EYFS being active is integral to children's success and character development. Through planning and provision, children are encouraged to access different provision areas around the room, with movement between areas. We have removed many of the chairs to encourage children to stand and move round rather than adopt a sedentary position.

Staff integrate an active approach to teaching sessions, encouraging the children to move round to stimulate concentration and focus. English sessions include drama and role play to ensure pupils have opportunities to physically engage, similarly in maths sessions. Discrete skills are taught through weekly PE lessons combined with timetabled sessions on the trim trail to develop gross motor skills.

Children are encouraged to work in groups to problem solve and develop resilience through an active curriculum indoors and out.

## Competition

Children will be introduced to competition through sports day and inter-school games

## Dance



Children will start to explore different cultures through dance

## Interventions in KS1

Children identified who require additional support with gross & fine motor skills.



## Mental health

Each year as a school we take part in Children's Mental Health Week alongside Place2Be. Children (and adults) are encouraged to explore the different ways we can be mindful of the mental health of ourselves and others, expressing ourselves and sharing creative and active ways that we can share our feelings, our thoughts and our ideas.

## Hygiene

Children will learn about the importance of hygiene & well-being

## KS2 Games



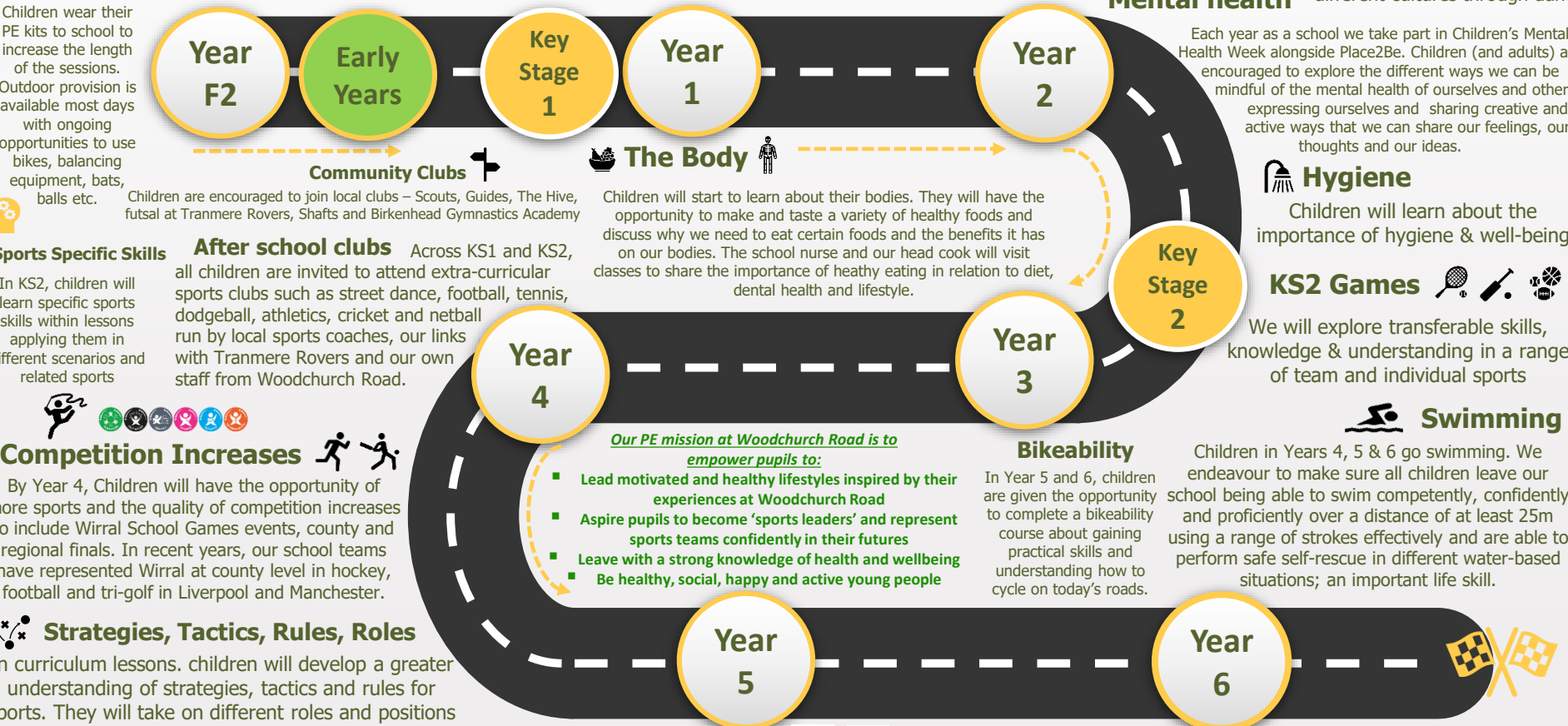
We will explore transferable skills, knowledge & understanding in a range of team and individual sports

## Swimming

Children in Years 4, 5 & 6 go swimming. We endeavour to make sure all children leave our school being able to swim competently, confidently and proficiently over a distance of at least 25m using a range of strokes effectively and are able to perform safe self-rescue in different water-based situations; an important life skill.

## Bikeability

In Year 5 and 6, children are given the opportunity to complete a bikeability course about gaining practical skills and understanding how to cycle on today's roads.



Children wear their PE kits to school to increase the length of the sessions. Outdoor provision is available most days with ongoing opportunities to use bikes, balancing equipment, bats, balls etc.

**Year F2** **Early Years** **Key Stage 1**

**Community Clubs** Children are encouraged to join local clubs – Scouts, Guides, The Hive, futsal at Tranmere Rovers, Shafts and Birkenhead Gymnastics Academy

**Sports Specific Skills** In KS2, children will learn specific sports skills within lessons applying them in different scenarios and related sports

**After school clubs** Across KS1 and KS2, all children are invited to attend extra-curricular sports clubs such as street dance, football, tennis, dodgeball, athletics, cricket and netball run by local sports coaches, our links with Tranmere Rovers and our own staff from Woodchurch Road.

**Year 1** **Year 2**

**The Body** Children will start to learn about their bodies. They will have the opportunity to make and taste a variety of healthy foods and discuss why we need to eat certain foods and the benefits it has on our bodies. The school nurse and our head cook will visit classes to share the importance of healthy eating in relation to diet, dental health and lifestyle.

**Year 3** **Year 4**

**Our PE mission at Woodchurch Road is to empower pupils to:**

- Lead motivated and healthy lifestyles inspired by their experiences at Woodchurch Road
- Aspire pupils to become 'sports leaders' and represent sports teams confidently in their futures
- Leave with a strong knowledge of health and wellbeing
- Be healthy, social, happy and active young people

**Year 2** **Key Stage 2**

**Competition Increases** By Year 4, Children will have the opportunity of more sports and the quality of competition increases to include Wirral School Games events, county and regional finals. In recent years, our school teams have represented Wirral at county level in hockey, football and tri-golf in Liverpool and Manchester.

**Year 3** **Year 4** **Year 5** **Year 6**

**Competition Increases** By Year 4, Children will have the opportunity of more sports and the quality of competition increases to include Wirral School Games events, county and regional finals. In recent years, our school teams have represented Wirral at county level in hockey, football and tri-golf in Liverpool and Manchester.

**Strategies, Tactics, Rules, Roles** In curriculum lessons. children will develop a greater understanding of strategies, tactics and rules for sports. They will take on different roles and positions in in a range of different sports and activities.

**Wirral School Games** We are very proud of our tradition of taking various teams across the academic year, mainly from Year 5 and 6, to a range of sports as part of the Wirral School Games. We encourage all children to represent our school in sporting events, including inclusion sports and elite primary level competition. Our involvement has been rewarded with the bronze and silver School Games Mark and we are currently working towards achieving the Gold Award. We have regular school football teams that play in the Houlihan Cup (Y6) and Corgi Cup (Y4/5). Our cross country teams take part in the Wirral Primary Cross Country league and we participate in our local Birkenhead cluster tournaments including swimming, netball, hockey and gymnastics.

**Leadership** Upper KS2 children will have the opportunity of being play leaders at lunchtimes to develop leadership skills, confidence and promote sports with younger pupils

**Outdoor Adventurous Activities** Year 6 pupils will have the opportunity to visit Colomendy for a 3 night residential where they will take part in activities such as watersports, caving, woodland hikes and high ropes courses

**End of KS2** Children will leave with a love of PE, physical activity & sport. And pursue a healthy activity lifestyle for their future.



## Competition Increases

By Year 4, Children will have the opportunity of more sports and the quality of competition increases to include Wirral School Games events, county and regional finals. In recent years, our school teams have represented Wirral at county level in hockey, football and tri-golf in Liverpool and Manchester.

## Strategies, Tactics, Rules, Roles

In curriculum lessons. children will develop a greater understanding of strategies, tactics and rules for sports. They will take on different roles and positions in in a range of different sports and activities.

## Diversity and culture

In Year 4, we are visited by football coaches from the LFC Foundation who teach children about the importance of resilience through sport and share the idea of Red Together – encouraging equality, diversity and inclusion.

We are very proud of our tradition of taking various teams across the academic year, mainly from Year 5 and 6, to a range of sports as part of the Wirral School Games. We encourage all children to represent our school in sporting events, including inclusion sports and elite primary level competition. Our involvement has been rewarded with the bronze and silver School Games Mark and we are currently working towards achieving the Gold Award. We have regular school football teams that play in the Houlihan Cup (Y6) and Corgi Cup (Y4/5). Our cross country teams take part in the Wirral Primary Cross Country league and we participate in our local Birkenhead cluster tournaments including swimming, netball, hockey and gymnastics.

## Leadership

Upper KS2 children will have the opportunity of being play leaders at lunchtimes to develop leadership skills, confidence and promote sports with younger pupils

## Outdoor Adventurous Activities

Year 6 pupils will have the opportunity to visit Colomendy for a 3 night residential where they will take part in activities such as watersports, caving, woodland hikes and high ropes courses

## End of KS2

Children will leave with a love of PE, physical activity & sport. And pursue a healthy activity lifestyle for their future.

