

P.E AT PALACE WOOD PRIMARY

VISION

At Palace Wood, our PE curriculum inspires joy through engaging, inclusive activities that promote lifelong enjoyment of movement. We aim for all pupils to be physically active, developing confidence, skills, and an understanding of physical literacy and its importance for health and wellbeing. Through innovative approaches and varied experiences, children flourish by exploring their potential, building resilience, and working collaboratively. Our curriculum encourages creativity, challenges limits, and supports every child in developing a positive, active lifestyle they carry forward.

PE LESSONS

All classes have two PE lessons a week, covering a range of skills by our specialist PE coach. Lessons are planned to develop children's knowledge and skills so that they can then apply these in different sports and activities.

Pupil voice is gathered throughout the year to help us shape a curriculum that is suited to our children at Palace Wood. In turn, this helps promote confidence, motivation and the chance to watch our children flourish.

PHYSICAL LITERACY

Physical Literacy helps primary school children to become competent and confident movers from an early age, whilst helping them understand movement, motivating them to move and understand why they need to be active.

At Palace Wood, we have a specialist sports coach to deliver high quality PE lessons to all children from EYFS-Year 6. We cover a wide variety of sports and skills exposing children to many different sporting pathways they may want to fulfil in the future. During our sports week, we make links with our local community and have a go at something new. In past years, we have tried Kung Fu, Skateboarding, Cycling, Korfball, Kick Boxing and Drum Fit to name just a few.

At Palace Wood, we encourage children to get active, to be curious about learning new skills and to give everything a go. Within our school and the local community we are able to take part in multiple tournaments and events. This allows access for children and the chance to experience competition, sometimes giving children the starting blocks into a physically active lifestyle.

ACTIVE 60 AT PALACE WOOD

In support of Active 60, we provide at least 30 minutes of moderate to vigorous activity every day for our children at Palace Wood. PWOP playtimes, specialised PE teachers and an abundance of outdoor activities are a number of ways we successfully meet this criteria each day. This is then followed by an extensive extra-curricular programme, allowing our children the opportunity to another 60 minutes of exercise outside of the school day.

SWIMMING

At Palace Wood, we recognise swimming as an essential life skill for our children. By the end of primary school, children should be able to swim 25 metres. We are very lucky to work with Swim England and Team Theme to provide a pop-up swimming pool at Palace Wood each academic year. Children in years 3-6 have weekly 45 minute swimming lessons over a 6 week programme. These lessons not only teach swimming and water safety, but encourage our children to feel water confident too!

PWOP PLAYTIMES

PWOP stands for Palace Wood Outdoor Play and a way of organising our outside play, encouraging children to engage in purposeful play across all ages.

At Palace Wood we aim to:

- improve well-being
- develop self-regulation
- increase physical activity
- aid social and emotional development
- learn to manage risk
- have FUN!

Some of the newest PWOP playtime zones on offer at Palace Wood are, tyre city, tree climbing, wacky wheels, trapeze and a fantastic den building area. All zones are available every lunchtime.

EXTRA CURRICULAR

Every term, we have a jam-packed timetable of free and paid for activities that the children at Palace Wood can join. The clubs we provide are constantly changing to provide our children with a wide variety in both sporting and non-sporting activities.