

SPOTLIGHT ON PE

PE continues to play an important role across the school at Barkisland. Each year, we focus on developing fundamental movement skills, helping children improve their coordination, balance and confidence in physical activity. Our focus has been on teamwork, communication and applying skills within games and competitive situations, supporting pupils to work collaboratively, show resilience and demonstrate good sportsmanship. We will continue to build on these foundations by developing tactical understanding and encouraging children to evaluate and improve their own performance across a range of sports and activities.

This half term, our 'of the week' focus has been Sportsperson of the Week, but what does PE look like at Barkisland?

How are children chosen to receive the award? What different sporting activities and physical challenges do pupils take part in throughout school? This mini newsletter will give you an overview of PE at Barkisland and celebrate the fantastic effort, teamwork and enthusiasm shown by our pupils. Carry on reading to find out more...

PE Framework

We base our PE curriculum on four key strands:

- Physical (developing movement, coordination and fitness)
- Tactical (applying skills and strategies within games and activities)
- Cognitive (understanding rules, evaluating performance and making decisions)
- Social & Emotional (working collaboratively, showing resilience and demonstrating sportsmanship)



Active learning and teamwork in PE

Every week, our PE lessons provide opportunities for children to develop their physical skills, teamwork and confidence through a wide range of activities. This may include partner work, team games, skill circuits or group challenges where pupils work together to achieve shared goals.

Through these sessions, children practice key skills such as communication, cooperation and resilience, whilst learning how to support and encourage others positively. Pupils are encouraged to reflect on their performances, celebrate success and persevere when faced with challenges. These regular opportunities help children to build healthy habits, confidence and positive attitudes towards physical activity both in and out of school.

Teamwork, tactics and healthy competition

From Nursery upwards, children are encouraged to take part in a wide range of physical activities and team challenges, learning how to cooperate with others, follow rules and communicate effectively during games and activities. These experiences help pupils develop confidence, resilience and respect for both teammates and opponents.

As they move into Key Stage 2, pupils begin to apply tactics and strategies within competitive games and sporting situations. Children learn how to make decisions under pressure, evaluate performance and adapt their approach to improve outcomes. These skills help to nurture determination, leadership and sportsmanship, preparing pupils to participate positively both in sport and in everyday life.

These skills link closely with our Curriculum Intent, which focuses on developing confident, resilient and active learners who enjoy being physically active and working collaboratively with others.



PE across the curriculum:

PE is not just about sport and physical activity, it also supports learning across the wider curriculum. Through PE lessons, children develop important life skills such as teamwork, communication, problem-solving and resilience.

Pupils may work together to create tactics in games, evaluate performances, count and measure scores in athletics, or learn about the importance of healthy lifestyles and exercise on the body.

By encouraging children to reflect on their performances, make decisions and work collaboratively, we help them to deepen their understanding and build confidence in a range of situations. PE also provides opportunities for leadership, creativity and perseverance, helping children to develop skills that can be applied both inside and outside the classroom.

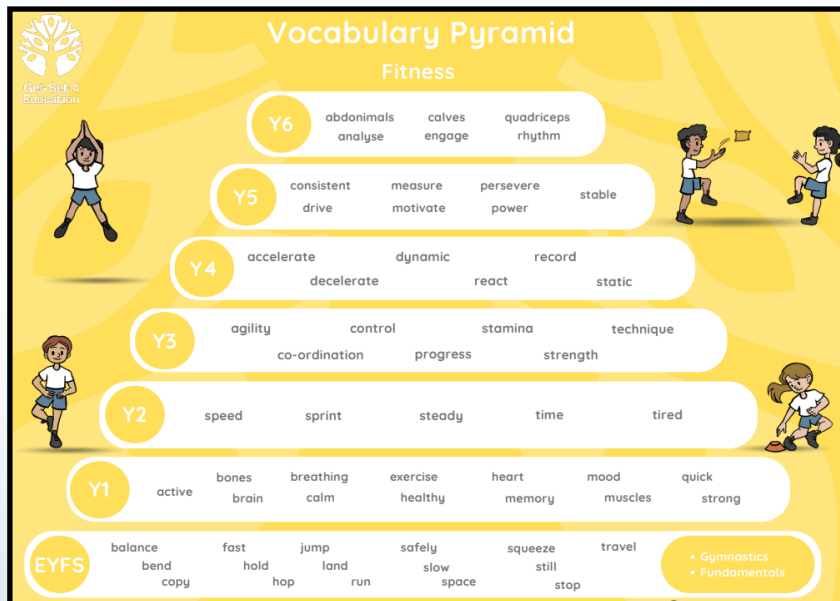
Regular opportunities to take part in physical activity allow every child to challenge themselves, experience success and develop a positive attitude towards health, fitness and wellbeing.

Participation in sport and active learning:

At Barkisland, we provide a wide range of opportunities for children to take part in sport and physical activity throughout the year. This includes PE lessons, team games, athletics, dance, outdoor learning and inter- and intra-school competitions, as well as opportunities to be active during break times and through extra-curricular clubs.

These experiences allow children to develop key physical skills such as coordination, agility, balance and teamwork, while also promoting Important values such as respect, resilience and fair play. Taking part in sport helps children to learn how to work collaboratively, follow rules, and support one another in both competitive and non-competitive situations.

We understand that participation in sport can feel challenging for some children at times, so activities are designed to be inclusive, supportive and enjoyable, encouraging every child to get involved and do their best. Over time, pupils build confidence, develop a positive attitude towards physical activity, and begin to understand the importance of leading a healthy and active lifestyle.



Vocabulary Pyramid

We use a vocabulary pyramid in Athletics to support children in developing a clear and progressive understanding of key PE terminology. Pupils begin with simple, everyday words linked to movement and build towards more technical vocabulary such as *acceleration*, *endurance* and *technique*. This helps children to confidently explain, describe and evaluate their performance using increasingly precise language as they move through the school.

PE out of school

Supporting Physical Education at Home

Families play an important role in helping children develop positive attitudes towards physical activity, health, and wellbeing. You can support this development by encouraging your child to be active, try new physical challenges, and talk about the skills they are learning in PE. Simple activities such as going for a walk, riding a bike, playing in the park, or practising a favourite sport all help to build confidence, resilience, and enjoyment of movement.

Being active at home is just as important as participating in PE lessons at school. When children are encouraged to move regularly and celebrate their achievements, they develop healthy habits that can last a lifetime. These everyday experiences help children improve their physical skills, teamwork, and self-confidence—qualities that benefit every area of learning and life.

Parents as Positive Role Models

Children learn a great deal about healthy lifestyles by watching the adults around them. Parents and carers play a vital role in showing that physical activity is enjoyable, valuable, and part of everyday life.

Here are some ways to be a positive PE role model at home:

- Be active together. Go for family walks, bike rides, swims, or play active games that everyone can enjoy.
- Show a positive attitude towards exercise. Talk about how being active helps you feel healthy, energised, and happy.
- Celebrate effort rather than performance. Praise your child for trying their best, practising a skill, or showing determination.
- Demonstrate resilience. Let your child see that learning new physical skills takes practice and that mistakes are a normal part of improvement.
- Encourage teamwork and fair play. Model good sportsmanship, respect for others, and positive behaviour during games and activities.
- Promote healthy habits. Talk about the importance of sleep, hydration, nutrition, and exercise in keeping our bodies healthy.
- Build confidence through encouragement. Notice and praise improvements, no matter how small, to help your child develop self-belief.

Encouraging Physical Activity at Home

- You can help your child develop their physical skills and confidence in everyday situations:
- Encourage active play outdoors whenever possible.
- Practise skills learned in PE lessons, such as throwing, catching, balancing, jumping, or skipping.
- Set family activity challenges, such as step counts, walks, or obstacle courses.
- Explore different sports and activities to help your child discover what they enjoy.
- Talk about the importance of exercise and how it benefits both physical and mental wellbeing.
- Encourage your child to reflect on their progress by discussing what they found challenging and what they are proud of achieving.

PE Homework Opportunities

Our PE homework activities give families a chance to explore physical skills, fitness, and healthy lifestyles together. These activities encourage children to practise what they have learned in school, develop confidence, and enjoy being active with their families. Try to make physical activity part of your weekly routine—for example, after school, at weekends, or during family outings.

By modelling healthy habits, encouraging active lifestyles, and creating regular opportunities for movement and play, parents can make a powerful difference in helping children become confident, active, and healthy individuals, both in school and throughout their lives.