

The school endeavours to provide pupils with the full entitlement of two hours high quality Physical Education a week. This is delivered through two lessons a week (Games - one hour, Dance/gymnastics - 45 minutes) and regular Huff and Puff or activity sessions lead by Soccer 2000 at lunchtime, sessions of 30 minutes.

Leadership is another area that we look to develop within our students within lessons and extra-curricular activities. Students in year 5 & 6 have the opportunity to take part in a sport leader's course where they learn about the rules of sports and leadership and how they can ensure this is represented throughout school.

Within our lessons students are taught about self-discipline and that to be successful you must work hard, show resilience and have a growth mind-set that anything can be achieved if you put your mind to it.

PE contributes to the teaching of personal, social and health education and citizenship. Children learn about the benefits of exercise and healthy eating, and how to make informed choices about these things.

In Year 4, children are provided with a 12-week block of swimming lessons at Bentley Bridge Leisure Centre.

A key part of Physical Education lessons is about teaching students about rules, sportsmanship, etiquette and fair play. In every lesson students abide by the rules and regulations, gaining a good understanding of rules of each sport and the importance of infringements such as fouls, penalties, cautions and red cards allowing students to understand the consequences of their actions which in turn helps students apply this understanding to their own lives.



PE and Sport at Uplands

What does it look like?



When teaching the PE curriculum at Uplands, we develop the enjoyment of physical activity and strive to improve the importance of health and wellbeing. Our intention is to give children the opportunities to develop their skills, knowledge and understanding and apply these in competitive situations, with the vision this provides them with lifelong learning skills. We strive to ensure that our pupils receive a well-rounded learning experience when participating in different sporting activities, learning the importance of health and wellbeing and equipping them with the necessary values and tools to achieve in our school and beyond.

At Uplands, we provide many opportunities for children to be a part of sports teams and take part in inter and intra competitions (Level 1, 2 and 3). In recent years, Uplands have achieved City football champions; Indoor Athletics City Champions; Swimming City Champions and Black Country Champions and with Gymnastics we achieved City Champions, Regional Gold medallists and National bronze medallists.

Teachers and visiting agencies assess children's work in PE by making assessment as they observe them during lessons. They record the progress made by children against the learning objectives for their lessons and key skills and knowledge set out in the Upland's assessment grid. At the end of a unit of work, teachers make a judgement against a hierarchy of skills in place for that unit of work and the 'Age related expectations'.

The school offers a wide range of lunch-time and before/after school activities. These are open to any pupil in the relevant year group. These encourage children to further develop their skills in a range of the activity areas. Some of our extra-curricular clubs include netball, football, street dance, cross country, badminton, archery and dodgeball.

Within all lessons students get the opportunity to have their opinions heard amongst their peers when discussing topics and current issues and tactics. Students are encouraged to learn about democracy and allowing everyone the opportunity to have their say. This is often seen through feedback and peer and self-analysis tasks within lessons.

All staff take part in professional development to ensure secure subject knowledge, awareness of health and safety procedures and up to date knowledge.

Students in PE use of a range of social skills in different contexts, including working and socialising with students from different religious, ethnic and socio-economic backgrounds. They are also taught about respecting students' different abilities and also the calls/judgements made by officials during games.