

Physical Education (PE) Intent, Implementation & Impact

Intent

At St Joseph's Catholic Primary School, Physical Education is an integral part of our curriculum and we strive to create a culture which aims to inspire an active generation who enjoy PE, encourage each other and achieve.

Alongside an external agency of PE coaches, we provide a safe and supportive environment for children to REACH in a range of different physical activities which is essential in supporting their physical wellbeing, healthy and active lifestyles. We look to promote our REACH curriculum through sports and positively encourage children to be resilient, empathetic, aspirational, confident and have high expectations of themselves and their team.

We aim to inspire and engage children's interest in sporting activities through providing a wide range of opportunities within school, after school and within the wider community.

Our curriculum aims to improve the well-being and fitness of all children, not only through the sporting skills taught, but through the underpinning values and disciplines PE promotes. We aim to deliver high quality teaching and learning opportunities that enable all children to achieve their personal best. All children participate in competitive sport and activities which can be against self and/ or others.

We encourage children to transfer the school values to sporting and physical activity, ensuring that they aim to be the very best that they can be whilst demonstrating the school vision of 'REACH'. We aim for all children to be physically active for sustained periods of time and to be able to make informed decisions to lead healthy and active lives. Thus, embedding life-long values.

Swimming is an important life skill and we aspire for all children to leave primary school having met at least the minimum requirements of the National Curriculum.

Implementation

PE at St Joseph's provides challenging and active learning through a range of sporting activities including invasion games, striking and fielding games, gymnastics, dance, athletics, outdoor learning and swimming.

- Pupils in Year 3 and 4 will attend weekly swimming lesson in Term 3 and 4.
- Pupils participate in at least 1 hour of high-quality PE lessons each week, covering one or two different sports/skills focuses each half term.
- Children are encouraged to participate in the varied range of extra-curricular activities. We provide inclusive and enjoyable clubs which increases children's physical activity. These include cheerleading, dance and forest school which are provided by external providers. As well as, sports clubs that are offered in line with the sports seasons, including hockey, rugby, athletics, tennis, netball, football, etc.
- Clubs are offered to both KS1 and KS2 children, occasionally Foundation Stage too.
- PE is planned, taught and delivered by an external agency of PE coaches to Year 1 and above.
- PE is planned, taught and delivered by class teachers for Reception.
- Each class is timetabled so that they can have regular access to the hall.
- Children are encouraged to stay active at break times and have access to a variety of equipment to use.
- Children are invited to attend and compete in sporting events and festivals within the local area and beyond. This is an inclusive approach which endeavours to encourage not only

physical development but also mental well-being. These events also develop teamwork and leadership skills and are very much enjoyed by children

Impact

At St Joseph's Catholic Primary School, we ensure that our PE curriculum is progressive and allows children to develop fundamental skills and apply them to a variety of sports and activities.

All children are provided with the necessary skills and given opportunities to demonstrate improvement to achieve their personal best. Our pupils are physically active at playtimes and lunchtimes, and this has a positive impact on their learning in the classroom.

Children understand how to lead a healthy lifestyle and understand the importance of regular exercise. We aspire for children to enjoy PE and develop a love of sport and physical activity which becomes part of their future life outside of primary school.

Children can represent the school at sporting events from local to county level. Alongside this, we share sporting achievements both in and out of school in Celebration Assembly, so that we are promoting sports and activities, as well as celebrating all levels of success.

We aim for all Year 6 pupils to leave school with the skills to competently swim at least 25m and have the skills to self-rescue in the water which are key life skills.