



ST MARY'S CATHOLIC PRIMARY SCHOOL

PE Curriculum Statement



'To enjoy daily vigorous physical activity, through a stimulating broad curriculum, aiming for excellence, whilst embedding life-long healthy habits.'

INTENT

What are we trying to achieve?

PE at St Mary's Catholic Primary School aims to develop the knowledge, skills, and capabilities necessary for mental, emotional, social, and physical wellbeing in our children now and for their future. Physical fitness is an important part of leading a healthier lifestyle. It teaches self-discipline and that to be successful you must work hard, show resilience, and have the determination to believe that anything can be achieved. It is our intent to teach children life skills that will positively impact on their future. We aim to deliver high-quality teaching and learning opportunities that inspire all children to succeed in physical activities. We want to teach children how to cooperate and collaborate with others, as part of a team, understanding fairness and equity of play to embed life-long values.

IMPLEMENTATION

How do we translate our vision into practice?

Children participate in weekly high-quality PE and sporting activities. Our PE programme incorporates a variety of sports to ensure all children develop the confidence, tolerance, and the appreciation of their own and others' strengths and weaknesses. We provide opportunities for all children to engage in extra-curricular activities during and after school, in addition to competitive sporting events. This is an inclusive approach which endeavours to encourage not only physical development but also well-being. During their time at St. Mary's, children in our school will experience and be encouraged to participate in a high-quality P.E.

curriculum. They will do this by developing skills in a variety of sports, dance, gymnastics, and games. This will prepare and enable the children to participate in a wide range of sporting events and competitions throughout their school life and beyond. Involvement in such activities will embed the children with values of respect and fair play. Alongside the teaching of P.E, opportunities will be maximised to educate the children about the importance of looking after their bodies by ensuring that they have a healthy mind-set and diet; as well as exercising regularly. Over each academic year the children will experience a variety of sports and will have these delivered not only by their class teacher, but from trained P.E. specialist teachers from a range of providers, including Saints South West. Through the Summer term, children through Year 3 to Year 6 will attend swimming sessions with additional intensive sessions for Year 5 and 6 children not yet meeting the National Curriculum requirements for the end of Key Stage 2 swimming.

Assessments are embedded as an essential part of teaching and learning.

They:

- involve sharing learning objectives and success criteria with pupils.
- aim to help pupils to know and recognise the standards they are aiming for.
- involve pupils in peer and self-assessment.
- provide subject specific feedback (either through written marking or verbal feedback) which leads pupils to recognising their next steps and how to take them.
- are carried out formatively throughout the block of work and are followed by a summative assessment at the end of each term.
- are carried out by the children, supporting adults, subject lead, Sport's Coach, and each class teacher.

IMPACT

What is the impact of our curriculum on the children?

Our curriculum aims to improve the wellbeing and fitness of all children at St Mary's, not only through the sporting skills taught, but through the underpinning Gospel values and disciplines PE promotes. Within our lessons, children are taught about self-discipline and that to be successful you need to take ownership and responsibility of their own health and fitness. Our impact is therefore to motivate children to utilise these underpinning skills in an independent and effective way to live happy and healthy lives.

PHYSICAL EDUCATION IN THE EARLY YEARS

Regular observations and assessments of learning are recorded in the children's learning journey and contribute to a summative assessment at the end of EYFS using the Early Years Outcomes for Physical Education.

As part of the EYFS statutory framework pupils are taught:

Physical development - involves providing opportunities for young children to be active and interactive; and to develop their co-ordination, control, and movement. Children must also be helped to understand the importance of physical activity, and to make healthy choices in relation to food.

Moving and handling - children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. They handle equipment and tools effectively.

Health and self-care - children know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe.

In addition, through physical activity children are taught to:

Develop preferences for forms of expression - uses movement to express feelings and create movement in response to music.

Capture experiences and responses with a range of media - such as music and dance.

Represent their own ideas, thoughts, and feelings - through music, dance, role play and stories.