

Physical Education at Holy Rosary Catholic Academy



“Intelligence and skill can only function at the peak of their capacity when the body is healthy and strong.”

- John F. Kennedy

PE Lead:



Mrs Desborough



Mr Bradley

Our Curriculum Intent:

PE at Holy Rosary aims to deliver a **fun, high quality physical education** that inspires all pupils to succeed and excel via a unique child centred approach to include, challenge and support every child, regardless of ability. We aim to provide opportunities for pupils to become **physically confident** in a way which supports their health and fitness. Our children have opportunities to compete in sport and other activities which build character and embed values already present in the Catholic life of our school, such as honesty and respect. We believe that PE is an imperative element of the curriculum, which develops a need for a healthy life style, a balanced diet, positive growth mind-set and the resilience to persevere with activities that may once have felt too difficult. We are passionate about the need to teach children how to cooperate with others as a part of a team. We promote PE as a subject to be enjoyed by everyone, no matter their differences or abilities.

Curriculum Implementation:

At Holy Rosary we follow the 'Real PE' scheme of work which aims to give every child the physical literacy, emotional and thinking skills to achieve in PE, Sport and life. Real PE provides fun and simple to follow Schemes of Work and support for Early Years Foundation Stage, Key Stage 1 and Key Stage 2 practitioners that give them the confidence and skills to deliver outstanding PE.

The Real PE schemes of work are fully aligned to the National Curriculum and Ofsted requirements and focus on the development of agility, balance and coordination, healthy competition and cooperative learning. Each unit of work has a different focus to develop the key abilities necessary for success in PE and sport and across the curriculum: creative, physical, health and fitness, personal, social and cognitive.

Teachers have high expectations of pupils and offer appropriate levels of support and challenge to ensure that every pupil is able to succeed and that every pupil is stretched in each PE session. The Real PE Learning nutrition document is used to support teaching and learning and encourage pupil-led learning. The child-friendly assessment statements (Real PE cogs) are used in lessons to ensure consistency across the key stage and that pupils are aware of their own progress, strengths and challenges.

Real PE is supported by our Drumba curriculum, which teaches dance and movement skills through drumming.

In addition to this there are other opportunities offered to our pupils which include;

- Swimming

Children from Year 4 to Year 6 will attend a two-week block of swimming coaching per year.

- Competitions

To give children an opportunity to develop a better sense of competition we are part of the Stockton Schools Partnership. This allows the pupils in KS2 to take part in competitions with other schools in our local area. This increased exposure to competition will allow pupils to better develop their relationship with physical health and its ability to build traits such as humility, cooperation, passion, pride, the want to succeed and competitiveness.

- Intra-school competition

All children in KS2 will take part in competitions across year groups each half term.

- Sports Leadership

Children from year 5 and 6 have the opportunity to apply to become a sports leader. They will promote active breaktimes and encourage children to try things they may not have tried before. They are equipped with a wide variety of resources to boost cooperation.

Staff development

Our implementation is developed through secure understanding of the curriculum and subject area. Our subject lead endeavours to provide:

- Regular updates pertaining to the particular subject knowledge
- The needs of the staff are identified through monitoring and evaluation of the subject which is undertaken by the Subject Lead.
- Coaching and mentoring where needed

- Signposting training courses if required
- All class teachers have access to online Real PE resources and planning to support one hour of Teacher lead PE a week in EYFS and KS1 and two hours a week in KS2. All staff have had Real PE training and use the resources and planning to support the development of fundamental movement skills.

Curriculum Impact:

As a result of our Real PE scheme, we help motivate children to participate in a variety of sports through quality teaching which is engaging and fun. From our lessons, children learn to take responsibility for their own health and fitness, many of whom also enjoy the success of competitive sports. We equip our children with the necessary skills and a love for sport which they can take with them as they progress in to the next phase of their education and indeed for later life thus meaning they will hopefully grow up to live happy and healthy lives as a direct result of the skills and knowledge they have acquired through P.E.

Monitoring

High quality teaching and learning of PE is maintained at Holy Rosary, due to rigorous and embedded **monitoring and assessment** procedures which underline the **five fundamentals of quality assurance**: Pupil voice, work sampling, lesson observations, data analysis, and adapted teaching to ensure achievement for all. Work sampling will be evidenced through videos taken by teachers of pupils' achievements in lessons.

