



## 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 Subject Lead:



Mrs Desborough

### Our Curriculum Intent:

At Holy Rosary our ultimate aim is for all pupils to develop:

- Basic skills
- Positive physical and mental health
- Understanding of competition

It is our intention that when teaching the PE curriculum our pupils will have a good range of knowledge of the basic skills needed to access specific sports. They will be given the opportunity to develop their understanding of competition, including fair play, sportsmanship, teamwork, passion, dedication and playing within the rules. Our pupils will also learn to develop skills needed for each sport covered and apply these skills confidently.

PE is a high priority within our school with a large focus physical and mental health. We promote PE as a subject to be enjoyed by everyone, no matter their differences or abilities.

### **Curriculum Implementation:**

Our PE curriculum, provided Synergy, follows of a scheme of learning linked to the National curriculum called Power of PE. It aims to ensure that all pupils develop the fundamental skills and competence to excel in a wide range of physical activities by providing a broad and balanced curriculum with opportunities for all to be enjoyed.

- In **Key Stage 1** the children receive 1 hour of PE per week. This helps the children develop their fundamental skills which will give them the building blocks to become competent and confident in a range of physical activities. The children will develop these skills in three main areas: locomotion, stability and object control. They will use these building blocks to help them participate in team games, developing simple tactics for attacking and defending. In addition to this, they will learn and perform dances using simple movement patterns.
- In **Key Stage 2** the children receive 2 hours of PE per week. The children will continue to apply and develop their fundamental skills, linking them together to make actions and sequences of movement. They will use this to help them play a range of competitive games applying basic principles of attacking and defending. In addition to this they will develop their flexibility, strength, technique, control and balance and will perform dances that use a range of movement. In P.E. lessons children will communicate, collaborate and compete with each other and they will be given the opportunity to evaluate their performances, recognising how they can improve their performance and celebrating their own success.

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, competitiveness and the want to succeed.

### **Curriculum Impact:**

At Holy Rosary we strive to ensure that every child has regular opportunities to participate in a wide range of physical learning and sporting activities so that they are encouraged to achieve to the best of their potential. We believe that PE and sport play a key role in developing qualities such as teamwork, perseverance, communication and self-control as well as encouraging pupils to develop healthy lifestyles, promoting a lifelong participation in regular physical activity. We believe that this will result in improved concentration, attitude and achievement in all aspects of pupils' personal development.

The majority of pupils will achieve age related expectations in PE and will be well placed to make good progress at Key Stage 3.