Physical Education at Our Lady and St. Thomas Catholic Primary School

Part of the Bishop Hogarth Catholic Academy Trust

**Intent Statement:**

At Our Lady and St Thomas, we aim to foster a lifelong love for physical activity, promoting both the physical and mental well-being of all pupils. Our PE curriculum is designed to:

* Provide a broad range of physical activities that foster fitness, agility, coordination and teamwork.
* Equip pupils with the confidence and skills to participate in sports and physical challenges, both competitively and recreationally.
* Ensure all pupils achieve the national swimming target of swimming 25 metres by the end of Year 6.
* Offer enrichment opportunities through sports festivals, county competitions and outdoor adventure activities.
* Foster sportsmanship, resilience and leadership by providing high-quality PE lessons and extracurricular activities.
* Develop leadership skills through our Sports Leaders program, where pupils are trained to plan and deliver exciting, physical activities for the school during breaks and lunchtimes.

**Implementation Statement:**

Facilitators at Our Lady and St Thomas follow the Primary PE Planning scheme, which offers a structured and comprehensive approach to PE, across all year groups. Our specialist PE teachers and external coaches deliver high-quality lessons, ensuring that pupils develop skills in a wide range of sports. In Key Stage 2, all pupils participate in swimming lessons led by our skilled in-school instructors and leisure centre coaches. This approach enables us to provide targeted support to small groups, helping ensure that every pupil is supported to achieve their 25-metre swimming goal by Year 6.

In addition to regular lessons, our school tutors Sports Ambassadors through specialist coaching. These leaders plan and deliver fun physical activities for their peers during breaks and lunchtimes, promoting active play. They also play a key role in celebrating physical achievements by giving out awards during weekly award assemblies. All pupils, from EYFS onward, participate in local sports festivals and competitions, while our outstanding facilities, including a running track and trim trail, ensure that physical activity is part of daily school life. Extracurricular clubs and our forest school sessions further support physical development and outdoor learning.

We enhance teamwork and resilience through the Commando Joe’s scheme, while Year 5 and 6 pupils participate in a residential trip that includes outdoor activities like rock climbing and kayaking. Additionally, Annual sports day events promote house group competition and teamwork, fostering school spirit and physical engagement.

**Impact Statement:**

The impact of Our Lady and St Thomas’ PE curriculum is reflected in the development of confident, physically active pupils. Many meet the swimming requirement by Year 6, while others excel in sports competitions, such as netball and cross-country. The Sports Ambassadors program encourages leadership and responsibility, with pupils taking ownership of activities and motivating others to stay active. By recognizing achievements during assemblies, we foster a school-wide culture of celebrating physical effort and success.

Our focus on outdoor learning, extracurricular activities, and leadership roles contributes to pupils’ physical competence, teamwork, and resilience. The skills and experiences gained prepare pupils to lead healthy, active lives and to continue participating in physical activities beyond primary school.