

# Physical Education at St Augustine's Catholic Primary School



**“Physical Education is the education which unites body,  
mind and spirit”**

**Plato and Aristotle**

## **Intent**

PE at St Augustine's aims to develop a fun, high-quality physical education curriculum that inspires all pupils to be active for life and excel in their own abilities in competitive sports and other physical activities. We want children to be able to work well as part of a team and as individuals in the spirit of being a good sport. We want them to have no limits to what their ambitions are and grow up wanting to be personal trainers, nutritionists, athletes or gold medal winners. We will provide opportunities for pupils to become physically confident in a way which supports their health and fitness and encourages children to make healthy lifestyle choices. Our children will have opportunities to compete in sport including dance, gymnastics, ball skills and other activities that build individuals and further develop teamwork. Our intention is to develop a lifelong love of physical activity, sport and PE for every child at St Augustine's. We help all children to make progress in their physical, social and mental development. This helps them maintain a positive physical and mental outlook for the future.

## **Implementation**

Children at St Augustine's undertake weekly PE sessions twice per week, taught by class teachers or our PE coach within school. PE is taught in line with the National Curriculum and the EYFS Framework, following the PE Scheme GETSET4PE. The scheme has progressive lessons which focus on the correct skills to be used and apply these in the context of a game/sport. The scheme places importance on the development of SET (Social Emotional

and Thinking Skills) which meets our intent of encouraging children to work well in a team as good sports and to apply tactics in competitive situations.

All children have access to an inclusive curriculum. Support is provided for SEND children in line with other subjects and adapted where appropriate, meaning every child has access to consistent opportunities and input across the school.

A progression of skills is used with each year group, which enables pupils to build on and further develop their skills each year for each area, with regular assessments in each lesson.

Children have the opportunity to participate in a wide range of competitions ranging from running to gymnastics. Our participation and success in sporting events raise the profile of PE further and creates even more enjoyment of physical activity. This links in with our intent of allowing all our children to be physically active for life with full understanding of the benefits. Successes in Sports is promoted through awards assemblies and the school Facebook.

Throughout the year children can participate in taster sessions to enrich and broaden their experiences, which include SKIP2BFIT, BOX2BFIT or Judo.

By the end of their time in Reception class, children will become more confident using gross motor skills demonstrating good control and co-ordination in large and small movements. Pupils in Reception have continual (weather permitting) access to, bikes, balls, and large building blocks.

Children in KS1 and KS2 have at least two hours of P.E. each week. Swimming is taught for KS2 children at the Dolphin Centre in Darlington.

In addition to the importance placed on PE lessons we also have a wider curriculum offer which includes the opportunities for pupils to take part in extra-curricular sports and activity clubs and competitions. Daily physical activity and health enhancing activities also play a crucial role in our offer to pupils including active lessons, active break and lunchtimes and extra-curriculum. This endeavours to encourage physical development but also well-being for all children.

The GETSET4PE scheme has an assessment tool that allows teachers and the subject lead to monitor children's progress in PE.

## **Impact**

We help to motivate children to participate in a variety of sports through quality first teaching that is engaging, challenging and fun. From their learning children learn to take responsibility for their own health, mental health and fitness. We equip our children with the necessary skills and knowledge, providing an excellent foundation as they progress to secondary school. We hope that children will develop a love of sport and fitness and continue to grow as individuals utilising the skills and knowledge acquired through PE.