



St Charles Catholic Primary School

P.E.

Mission Statement:

The community of St. Charles School believes that Jesus is at the heart of everything we do. We are committed to giving every child, every opportunity to achieve their potential in mind and body in a happy, safe and caring environment.

Intent

At St Charles Primary School we believe that the roles of Physical Education, School Sport and Physical Activity (PESSPA) have an important part to play in promoting a long term healthy lifestyle, social inclusion and self confidence in our children. Our aim is that our pupils become confident and physically literate in a way which supports their wellbeing, as well as their physical fitness, as we want all children to enjoy sporting activities and continue to engage with these beyond their school years and throughout their lives.

To do this, we aim to provide a wide range of opportunities that engage our children and enable them to become confident learners. We also provide opportunities to compete in sport and other activities to build social skills and help to embed values such as teamwork, sportsmanship fairness and respect.

Implementation

At St. Charles, we teach discreet P.E. lessons twice a week. This ensures that our pupils participate in 2 hours of physical activity every week as well as aiming for 30 minutes of moderate to vigorous activity on a daily basis. Implementation of the 'Daily Mile' and use of regular, active brain breaks help to ensure children are benefitting from bursts of physical activity at regular intervals throughout the day.

To deliver our curriculum, we units of work from 'Get Set 4 PE' that are supplemented with core tasks to ensure we have a consistent approach to P.E. across year groups and key stages.

Throughout the year, children participate in a range of activities:

- Gymnastics
- Dance
- Swimming
- Games
- Athletics
- OAA

In Reception and Key Stage 1, children work to develop fundamental movement skills. They work on developing coordination, agility and balance and have the opportunity to develop their own simple dances with simple movement patterns. They develop their skills and stamina in running, jumping, throwing and catching, which they practice individually and in teams in simple games and competitions which allow them to develop simple tactics for

attacking and defending. In addition to this, they have the opportunity to develop simple gymnastic skills that increase core strength. These physical activities also give the children opportunities to begin to develop communication skills and teamwork; they begin to understand the importance of a healthy active lifestyle and to recognise how it feels to be physically active.

In key Stage 2, children work to improve the skills learned at key stage 1 and develop their stamina. They use running, jumping, throwing and catching in isolation and in combination. They play competitive games and apply basic principles about attacking and defending and learn how these skills can be applied in a range of sporting activities. They develop flexibility, strength, technique, balance and control and they perform dances using a range of movement patterns. They compare their performances with previous ones and demonstrate improvement to achieve their personal best.

All children have the opportunity to represent their school in festivals and competitions. In key stage one, children take part in gymnastics and multi-skills festivals where the onus is on participation and sportsmanship. As children move to key stage 2, they are then able to represent their school in more competitive events that follow sporting rules (e.g. basketball and football competitions). In key stage 2, children still have the opportunity to take part in participation events.

It is a National Curriculum requirement that all children should be able to swim at least 25 metres proficiently by the time they leave primary school. All Key Stage 2 children have swimming lessons during which they practise to develop front crawl, backstroke and breast stroke skills as well as performing safe self-rescue in different water-based situations.

School Sport

School Sport is the learning that takes place beyond the curriculum, such as after-school clubs and tournaments. We aim to provide and maintain the different opportunities for children to participate in sports events and after school clubs as well as increasing participation in physical activities. In addition to this, we aim to maintain opportunities for children to participate and compete in intra and inter competitions and festivals which build resilience and embed values such as team work, fairness and respect.

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A range of extra-curricular clubs are offered throughout the year:

- Football
- Netball
- Badminton
- Fitness
- Dodgeball
- Handball

Clubs are offered in 6 week blocks, ensuring that every child has the opportunity to take part in a variety of clubs across the year.

We also offer taster days, such as archery, and promote links with local clubs, such as Tudhoe Cricket Club, to support and encourage children to take up sport outside of school and develop lifelong, positive relationships with sport and physical activity.

Physical Activity

Physical Activity encompasses all physical movement, including active lessons in other areas of the curriculum. At St Charles, we aim for all children in school to participate in 30 minutes of moderate to vigorous physical activity every day, ensuring we embed this into other areas of the curriculum. Our pupils are also encouraged to apply their skills during playtimes and have access to equipment to enable them to do so. As a whole school, we take part in the Daily Mile to increase our activity levels the start of the school day.

Impact

Pupils leave St. Charles as confident, physically literate and passionate about their physical health. They have developed a love of movement and physical activity and recognise the importance of such in order to support a happy and healthy future. Impact is documented annually through the Sports Premium Impact proforma.