



At St Christopher's Primary School, we are committed to providing our children with a curriculum that has a clear intention and impacts positively upon their needs.

Curriculum statement for the teaching and learning of Physical Education

INTENT	At St Christopher's (STC) Primary School we recognise the importance of Physical Education to a child's physical, cognitive, social and emotional development as well as the role it can play in a child's spiritual, moral and cultural development. Physical Education develops the children's knowledge, skills and understanding, so that they can perform with increasing competence and confidence in a range of physical activities. Physical Education promotes an understanding in children of their bodies in action. It involves thinking, selecting and applying skills and promotes attitudes towards a healthy lifestyle. Thus enabling them to make informed choices about physical activity throughout their lives. We aim to provide a broad and balanced P.E. curriculum to aid children's increasing self-confidence in their ability to manage themselves and their bodies within a variety of movement situations. A balance of individual, team, cooperative and competitive activities aims to cater for individual pupil's needs and abilities. In addition to the importance placed on P.E. lessons, we also promote our 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. This includes: active lessons, active break and lunchtimes and extra-curricular activities.			
Underpinned By	Acquiring and Developing	Evaluating and Improving	Health	Dance
	STC pupils will learn to apply and develop a range of skills to enable them to become successful games players, dancers, gymnasts and athletes. Their experiences will also be enriched through opportunities for outdoor and adventurous activities.	STC pupils will learn how to compare and comment on skills, techniques and ideas that they and others have used. They will be taught how to use their observations to improve their work and performances.	STC pupils will learn the importance of physical activity on their health and be taught to make healthy life choices which will lead to living a healthy and active life.	STC pupils will compose their own dances in a creative, controlled and imaginative way. They will perform to an accompaniment, expressively and sensitively.

IMPLEMENTATION	Broad and Balanced Curriculum We aim to ensure we provide a broad and balanced curriculum which includes comprehensive coverage of the National Curriculum for Physical Education in EYFS, KS1 and KS2. Cross curriculum links Where possible, links will be made to current topics, which will engage pupils and make their learning relevant.	Daily Physical Activity/Active Learning We aim to embed at least 30 minutes of physical activity throughout the school day in addition to our P.E. lessons. We aim to make some of lessons active and the children in some year groups take part in initiatives such as mindfulness, yoga, and Go Noodle activities. We also provide the children with opportunities to be physically active at break and lunchtimes. We encourage the use of our trim trail and sports activity groups.	Extra Curricular Activities We offer a range of clubs both during lunchtimes and after school. These range from traditional sports such as football and netball to other non-competitive sports such as cheerleading and dance.
	Competition (Level 0 and 1) STC children are encouraged to work on their 'personal best' (Level 0) in a range of PE and sporting activities and P.E. lessons. The pupils are given opportunities for Intra sports competitions on a regular basis (level 1) and this includes intra house competitions in a range of sports.	Competition (2 and 3) Our pupils have the opportunity to represent the school in a range of physical activities (level 2) through our membership of the Forest Heath School Sports Partnership (FHSSP). Some of these are competitive team or individual competitions and others are festivals or inclusion sports. We encourage our less active children to become involved as we have A, B and C teams competing in some events and we also take part in an inclusion festival which is a less competitive event with the focus on fun and participation. Our successful sports teams have been frequently involved in county finals (level 3).	Leadership We aim to develop leaders at STC and we train a group of children to be sports leaders. They do their training in the Summer term of Year 5 and then help to organise events such as Sports Day and intra sport activities. They are timetabled to lead lunchtime activities with KS1 children and they take turns to organise activities which happen daily on the playground.

IMPACT	The pupils will leave STC Primary School as skilful and intelligent performers. They will acquire and develop skills and perform with increasing physical awareness. They will have the ability to select and apply skills, tactics and compositional ideas to suit activities that need different approaches and ways of thinking. They will set targets for themselves and compete against others. They will understand what it takes to persevere, succeed and acknowledge others' success. They will take the initiative, lead activities and focus on improving performances. They will have the competence to excel in a broad range of physical activities. They will lead healthy and active lives and make positive life choices. They have developed positive attitudes to participation in physical activity and embed values such as fairness and respect.			
	PUPIL VOICE Through discussion and feedback, children talk enthusiastically about their P.E. lessons and can confidently talk about why Physical Education is important. They enjoy their active lessons and break and lunchtimes and understand how this contributes to a healthy outlook.	EVIDENCE IN SKILLS Pupils can link skills, techniques and ideas and apply them accurately and appropriately. Pupils show good control in their movements.	EVIDENCE IN EVALUATING AND IMPROVING Pupils can compare and comment on skills, techniques and ideas that they and others have used. Pupils can use their observations to improve their work.	EVIDENCE IN HEALTH Pupils can explain some important safety principles when preparing for exercise. Pupils can explain what effect exercise has on their body. Pupils can explain why exercise is important.