

# PE Intention at St Ignatius



**"It is really important that we promote competitive sport in schools. It is very important that we recognise that has to be underpinned by good quality physical education and by getting people into patterns of exercise."**

**Sebastian Coe**

## Vision

Our school aims to inspire all children to develop a love of physical activity and sport. We aim to ensure that our delivery of physical education allows all children to have the skills and mindset to leave primary school with the capabilities to be successful in their sporting challenges and active lifestyles at secondary school and beyond.

We want to aid our children in obtaining the values and skills to celebrate and respect the success of others, as well as modestly celebrating their own successes.

We strive to educate both our children and families to develop a greater understanding on how to live healthy lifestyles and make healthy choices.

We are dedicated to ensuring healthy minds, as well as bodies and will continue to support our children's well-being. We have strong links with local clubs and partnerships within our community to ensure the children and families receive the support and knowledge they need.

## Intent

At St Ignatius Catholic Primary School we recognize the importance PE plays in the curriculum and we are committed to providing all children with opportunities to engage fully in Physical Education. The aim of our PE programme is to develop children's basic physical competencies, build confidence in their ability and build the foundations for a lifelong love of sport, physical activity and a healthy lifestyle.

Our intent is to ignite a passion for PE and encourage children to try a range of sports. We offer a broad and balanced curriculum with quality, meaningful and memorable experiences, to inspire a love of learning. Through challenging and stimulating lessons, we prepare our children to realise their potential and push their limitations; equipping them for their educational journey and beyond and creating articulate citizens of the world.

PE lessons encourage children to compete against themselves and others whilst being challenged to improve their physical, social, emotional and thinking skills. These skills are embedded in the heart of our planning. We believe that PE should adopt and develop positive attitudes towards sharing, co-operation and self-esteem through a wide variety of movement experience.

## Implementation

The PE curriculum is taught through the Get Set 4 PE scheme, which is in line with, and goes beyond, the National Curriculum. This is used to aid teaching staff in their subject knowledge.

Teachers are able to adjust and change lessons to suit the needs of their classes but the scheme provides a strong basis of what is expected. Each class has up to 2 hours of PE each week. These are either taught by the class teacher or by a PE specialist.

In a PE session you will see:

- Consistency in routines including a introduction and warm up, skill development and plenary
- Collaboration and opportunity for partner discussion
- Opportunities for children to work together and independently
- Opportunity for children to perform and feedback
- Subject specific vocabulary that builds on previous learning/year groups
- Progression in equipment used with year groups.

Children are given the opportunity to practice skills in a variety of ways and each lesson builds upon the previous skills, allowing them time to embed it. Different skills are recapped throughout and across the years, each time they are being built upon; allowing children to know more and remember more.

We also offer a range of sporting after school clubs which children take part in, giving them further opportunities to keep active and learn team building skills. We also regularly take part in Borough events with an established boys and girls football team.

As a school we have also been very pro-active in getting involved in the 'Daily Mile'. Each of our playgrounds are marked out with the relevant number of laps needed to complete the daily mile and teachers find all sorts of ways to complete the daily mile- from jogging to walking to galloping whilst revising their times tables.

## Impact

Our curriculum is designed so that children are taught a variety of activities throughout their key stage and there is a progression journey through all of these. Each area of PE also has a progression ladder which shows progression from EYFS to Year 6.

Children also deepen their understanding of PE, year on Year, by being introduced to specific vocabulary which is mapped out.

Children have the opportunity to take part in extra-curricular activities and demonstrate their new skills in competitions with local schools. All children also have the opportunity to take part in the a sports day in the summer term.

Children will become confident within the different strands of PE and show resilience when tackling new skills.

Our curriculum aims to improve the wellbeing and fitness of all children at St Ignatius; not only through the sporting skills taught, but through the underpinning values and disciplines that PE promotes. Through strong links with PSHE we promote the overall well-being and health of each child, teaching them that they need to take ownership and responsibility of their own health and fitness. We are currently working towards our healthy school status and so PE is an important part of this project.

We recognise that in all classes children possess a wide range of physical abilities and with that teachers will provide suitable learning opportunities for all children by matching the challenge of the task to the ability of the child.

Children at St Ignatius make good progress in PE and are eager to attend after school clubs and competitive sports events.

Through observations and pupil voice we will continue to identify and provide evidence of progress made and impact of good quality PE lessons.

