



At St Mary & All Saints our aim is to develop the whole child so they are able to reach their full potential and flourish in life. We achieve this through living out our three core values of *kindness*, *readiness* and *curiosity*. Our aim is to weave these three themes through everything we do including the design of our curriculum.

PE Curriculum Overview

Intent

At St Mary and All Saints, the intent of teaching Physical Education is to give children the skills and understanding required to make a positive impact in their own physical health and well-being. We will make sure all children have the chance to experience a wide variety of sports, outdoor activities and physical skills which will enhance life-long fitness and life choices. PE can challenge and promote self-esteem through the development of physical confidence and problem solving. It will teach children to cope with both success and failure in competitive, individual and team based physical activities.

Implementation

PE at St. Mary and All Saints is taught by class teachers and qualified sports coaches. Children have equal opportunities to take part in a range of sports and physical activities within a supportive environment where effort as well as success is recognised. Children are encouraged to participate in exercise through-out the day during PE lessons, after school clubs, outdoor learning and sporting events within and outside of school.

At St. Mary and All Saints CE Primary School, the PE curriculum is structured to provide a range of sports experiences during which every child participates to develop their skills and learning through competitive, team and individual sports. Children with additional needs are provided with appropriate support to enable them to take part and gain confidence in skills, understanding and motivation. Children at St. Mary and All Saints will develop skills in communication and map reading as we have the facilities for children to do outdoor activities within the woods, this can include orienteering, team building activities and life challenges.

We teach the National Curriculum, supported by a clear skills and knowledge progression. This ensures that skills and knowledge are built on year by year. Children gain experience of a variety of fundamental skills. This has a focus on agility, balance, coordination and fitness. Children take part in individual skills, group skills and team games, using PE equipment appropriate for their age. During KS2 children will have a series of structured swimming sessions and opportunities for outdoor adventurous activities both on site and at other locations.

Impact

Ability to acquire new knowledge and skills exceptionally well and develop an in-depth understanding of PE.

Willingness to practise skills in a wide range of different activities and situations, alone, in small groups and in teams and to apply these skills in chosen activities to achieve exceptionally high levels of performance.

High levels of physical fitness. Children will leave St. Mary All Saints with fundamental skills and will be able to develop these skills to use them in a wide range of different ways.

Remain physically active for sustained periods of time and an understanding of the importance of this in promoting long-term health and well-being.

Take the initiative and become excellent young leaders, organising and officiating, and evaluating what needs to be done to improve, and motivating and instilling excellent sporting attitudes in others.

Exceptional levels of originality, imagination and creativity in their techniques, tactics and choreography, knowledge of how to improve their own and others' performance and the ability to work independently for extended periods of time without the need of guidance or support.

Children will become confident swimmers and will be able to swim over a distance of at least 25 metres