



## PE Curriculum



### **Intent**

At St Paul's Catholic Primary our aim is to ensure that all children are engaged in physical activity, physical education, and sport. A high quality, physical education curriculum inspires all children to become physically confident and will improve their health and well-being.

Our aim is that children will develop a love of movement and sport. They will enjoy the variety of opportunities that they receive. As we develop their knowledge, skills and understanding they will perform with increasing confidence and competence. We aim to ensure their experience of physical education is positive and motivating, and that children's attitudes to healthy lifestyles are life long and firmly embedded into our curriculum.

Through our physical education curriculum, we aim to develop activities that build and mould character, embedding key transferrable skills such as teamwork, honesty, self-motivation which can be applied throughout the curriculum. We aim to increase self-confidence and encourage each child to be the best they can be.

Through school sport children will develop a sense of belonging. Our curriculum encourages them to succeed and enjoy competitive sport. They will have many opportunities to compete in different ways (with their own score, in class, against other schools) and to build on life skills e.g. resilience.

### **Implementation**

We are committed to deliver 2 hours of physical education every week to each class which is clearly and progressively mapped out in our curriculum. Our curriculum ensures a broad and full range of skills and activities.

Pupils in EYFS are given ample opportunities to develop their fundamental movement skills and extend their balance, agility, and coordination. They engage in dance, games, gymnastics, outdoor and athletics in Physical Education. They have plenty of opportunities to explore and understand movement daily through planned and expressive play.

In KS1, pupils continue to develop their fundamental movement skills, mastering basic movements including running, jumping, throwing and catching as well as further developing balancing, agility and coordination. They participate in small team games, developing skills which are needed to compete e.g. attacking and defending as well as teamwork. They begin to understand what it feels like to be part of a team and take part in competitions within their class and compete with themselves to achieve a better score. They will take part in sports festivals where children's success in sport is celebrated. KS1 children have a broad range of experiences and opportunities to understand and experience how their body moves through dance, gymnastics, athletics, OAA and games. They also begin to evaluate their own work and take part in peer assessment.

In KS2 children continue to apply and develop a broad range of fundamental movement skills. These skills are incorporated into various competitions. There are many opportunities across the year for children to compete in both inter and intra school competitions as well as take part in a variety of festivals. We strive to ensure all children will get the opportunity to represent our school in competitions. They have a broad curriculum and take part in dance, gymnastics, athletics, OAA and games. Their leadership skills are developed, and they have a variety of experiences and opportunities to progress throughout the key stage. They continue to develop self-evaluation and peer assessment.

In Year 4 children attend swimming lessons where they are taught to swim competently, confidently, and proficiently over 25m using a range of strokes. We also provide an opportunity in Year 6 for children to take part in a catch-up swimming session if they have not achieved 25m.

All children develop My Personal Best life skills through the curriculum.

In addition to PE in curriculum time, we also strive to provide a variety of opportunities for children to access extracurricular physical activity through a wide range of sporting and active clubs. We provide opportunities for children to attend different off-site sports e.g. golf and climbing as well as providing a residential opportunity.

We ensure that all children have at least 30 minutes of physical activity each day delivered through active learning, class exercise and active play and lunchtimes.

## **Impact**

We believe through our PE offer our children will:

- Strive to be the best they can be in all areas.
- Will develop a passion and love of movement and appreciate the benefits of a healthy lifestyle.
- Develop an awareness of fair play and sportsmanship enabling them to work effectively in competitive and cooperative situations.
- Engage in a process of evaluating, reviewing, improving, and leading to achieve their personal best.
- Will have the foundations and enjoyment for life-long activity.

All schools are required to publish how they spend their Sports Premium Funding in the form of an impact statement. Please see our website for more information.



## Physical Education

### Curriculum Overview

Year	Autumn Term		Spring Term		Summer Term	
EYFS	Concentration/Courage Fundamental Movement Skills explored through games, dance and gymnastics.		Imagination/fairness/empathy Fundamental Movement Skills explored through games, dance, gymnastics and ball skills. Health and wellbeing including looking after teeth.		Self-belief/honesty Fundamental Movement Skills explored through athletics OAA and games.	
1	Concentration Games - ball skills. Fundamental Movement Skills. Team Building.	Courage Dance Gymnastics - balance.	Imagination Gymnastics - travel, roll and shape. Dance	Fairness/empathy Fundamental Movement skills Games - sending and receiving, playground games.	Self-belief Athletics - running, throwing, and jumping. Games Net and Wall	Honesty OAA Athletics
2	Concentration Games -ball skills, defending.	Courage Dance Gymnastics - jump and roll.	Imagination Gymnastics -balance and travel. Dance	Fairness/empathy Fundamental Movement skills Target games and team building.	Self-belief Athletics - running, throwing and jumping. Games Net and Wall	Honesty OAA Athletics
3	Integrity Athletics – distance running Invasion games.	Reflection Dance Fundamental Movement skills.	Trust Gymnastics -jump, roll, balance, sequencing, travel	Resourcefulness Dance Games – striking and fielding	Respect Athletics -running, jumping and throwing. OAA	Resilience Games Net and Wall

Year	Autumn Term		Spring Term		Summer Term	
4	<b>Integrity</b> Athletics- distance running Invasion games. Swimming (2 Week Block)	<b>Reflection</b>  Dance	<b>Trust</b> Gymnastics - balance and jumps.  Swimming (2 Week Block)	<b>Resourcefulness</b> Striking and fielding games.  Gymnastics - rolling.	<b>Respect</b> Athletics - running, jumping and throwing.	<b>Resilience</b> OAA Games - Net and wall.
5	<b>Encouragement</b> Athletics - distance running Invasion games Dance	<b>Communication</b> Invasion games  Gymnastics - balance, jump and travel.	<b>Self-motivation</b> Fundamental Movement Skills  Invasion Games Gymnastics - rolls and sequencing.	<b>Co-operation</b> Dance  Striking and fielding games.	<b>Self - discipline</b> Athletics - running, jumping and throwing	<b>Decision making</b> OAA  Net and wall games
6	<b>Encouragement</b> Athletics - distance running Invasion games Dance	<b>Communication</b> Invasion Games  Dance	<b>Self-motivation</b> Gymnastics - balance and travel  Fundamental Movement Skills	<b>Co-operation</b> Striking and fielding games.  Gymnastics - rolling and sequencing.	<b>Self-discipline</b> Athletics - running, jumping and throwing.	<b>Decision-making</b> OAA  Net and Wall Games