



Subject Handbook

Physical Education

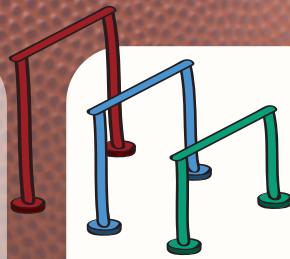


Physical Education Handbook

Vision for PE

All children at St Wilfrid's Catholic Primary School experience excellent physical education, school sport and physical activity that will lead to life-long participation.

Our PE curriculum aims to ensure that all pupils develop the fundamental skills and competence to excel in a wide range of physical activities by providing a broad and balanced curriculum with opportunities for all to be enjoyed



Our PE Curriculum

Physical Education is a beautiful opportunity to develop the whole child. Children experience a rich, broad and balanced PE curriculum.

Through PE, children at St Wilfrid's develop behaviour and attitudes that will benefit them throughout school life and beyond.

We aim to provide opportunities for pupils to become physically confident in a way that supports their health and fitness, whilst boosting self-confidence, self-esteem and supporting the development of social skills; encouraging all children to become successful, lifelong learners. We are aware that research has shown a direct link between children's physical and mental health and therefore we aim to provide experiences that will inspire pupils to not only develop physically but ensure mental wellbeing and a desire to succeed.

As the children move through the school, knowledge and skills are built upon and learning takes place sequentially. Our curriculum is designed in a way that enables the teachers to have the flexibility to ensure that the children develop knowledge and skills through the use of a wide range of sports.



Our PE Curriculum Will Enable Pupils to:

- To encourage children to work and play with others in a range of group situations;
- To develop the way children perform skills and apply rules and conventions for different activities;
- To increase children's ability to use what they have learnt to improve the quality and control of their performance;
- To teach children to recognise and describe how their bodies feel during exercise;
- To develop the children's enjoyment of physical activity through creativity and imagination
- Children are physically active for sustained periods of time
- Children lead healthy, active lives

Intent

At St Wilfrid's we want to provide a wealth of opportunities for children to lead healthy active lives, which inspires all, through a high quality creative curriculum that builds on the core skills of developing agility, balance and co-ordination. It also enables children to develop self-belief through healthy competition and cultivate respect through cooperative learning, as well as building lasting friendships.

We endeavour to provide an extensive range of extra-curricular activities that will allow children to experience new types of sports. PE is embedded throughout the whole school, where it is inclusive to all children, it provides challenge and support to enable children to feel empowered to branch out and make good progress.

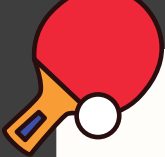


Implementation

St Wilfrid's Catholic Primary School fully adheres to the aims of the National Curriculum for Physical Education to ensure all children; develop competence to excel in a broad range of physical activities, are physically active for sustained periods of time, engage in competitive sports and activities and lead healthy, active lives. Every child throughout school has 2 hours of taught PE curriculum and we use a combination of coaching and PE Hub scheme of work scheme to provide us with a structured curriculum. Our medium and long term plans are designed to allow all pupils at St Wilfrid's Catholic Primary School the opportunity to achieve the curriculum aims. They are adaptable to allow us to meet the complex needs of our pupils and allow them to achieve their full potential in a fully inclusive approach.

PE is a vital part of the curriculum and promotes a healthy lifestyle for all of our children encouraging them to be alert and active. Children are taught the importance of keeping their bodies healthy and active within PE lessons and take on challenges to build confidence and leadership.





Impact

We help motivate children to participate in a variety of sports through quality teaching that is engaging and fun. From our lessons, our children learn to take responsibility for their own health and fitness, many of whom also enjoy the success of competitive sports. We equip our children with the necessary skills and a love for sport. They will grow to live happy and healthy lives utilising the skills and knowledge acquired through PE.

At St Wilfrid's, children's outcomes will be assessed through the relevant tasks during lessons. We also use assessments on Fisher Family trust to determine children's understanding and inform teachers planning. By the end of each key stage, pupils are expected to know, apply and understand the matters, skills and processes specified in the relevant programme of study.

Our delivery of PE has a purposeful and meaningful outcome to encourage social interaction and challenge and provide our children with high-quality opportunities to compete in sport and other activities to build character.

Curriculum Overviews

Curriculum overviews are available to inform planning. They identify which unit the object is covered within the curriculum with clearly defined end points.

Progression

The progression maps carefully maps the development of key ideas within a strand from EYFS to Y6 ensuring that the learning journey is cohesive and that each new element builds on the appropriate conceptual components.

