

## Physical Education Curriculum Statement

### Curriculum Intent

At St Mary's and All Saints Primary School, we are committed to supporting excellence in PE by providing inclusive, challenging, and enriching Physical Education lessons. We have designed a carefully sequenced and progressive PE curriculum that equips our pupils with the essential knowledge, skills, and understanding to perform confidently and competently in a variety of physical activities. Our core intent is to enhance the health and well-being of all pupils, foster active participation, promote lifelong learning, and empower each child to reach their full potential. We are dedicated to ensuring that the children's experience of PE is both positive and motivating, instilling a lifelong commitment to a healthy lifestyle as an integral part of our curriculum.

Pupils participate in regular physical activity, which improves their cardiovascular fitness, strength, and flexibility. They develop a deep understanding of the importance of physical fitness and learn strategies for maintaining their health throughout their lives which extends beyond the school gates.

Through our PE provision, we foster a culture of engagement and enthusiasm for physical activity among our pupils. They will eagerly participate in lessons, demonstrating a genuine joy for movement and fitness. Pupils will develop a passion for sport that extends beyond curriculum time, as evidenced by high levels of participation in extracurricular activities.

Our commitment to inclusive PE provision results in a climate of equality and inclusivity in our school. Pupils of all abilities, genders, and backgrounds feel valued and supported, and barriers to participation are actively dismantled. This inclusive environment promotes positive attitudes towards diversity and challenges stereotypes, fostering a school community that celebrates individuality and promotes respect for all.

In addition, we aim to offer a broad and balanced range of extracurricular activities that promote high standards of performance and cultivate a positive attitude towards sport and physical activity for life. Through active enrichment activities, inter-house and intra-house sporting events, physically active clubs, and sports opportunities, learners are introduced to new ways to stay active alongside the opportunity to engage in physical activities for a minimum of 60 minutes a day.

*Our PE Curriculum PE and extra-curricular opportunities enables children to:*

- Become skilful performers
- Acquire and develop skills, performing with increasing physical competence and confidence, in a range of physical activities and contexts
- Learn how to select and apply skills, tactics and compositional ideas to suit activities that need different approaches and ways of thinking
- Develop their ideas in a creative way
- Set targets for themselves and compete against others, individually and as team members
- Understand what it takes to persevere, succeed and acknowledge others' success
- Respond to a variety of challenges in a range of physical contexts and environment
- Take the initiative, lead activity and focus on improving aspects of their own performance
- Discover their own aptitudes and preferences for different activities

- Make informed decisions about the importance of exercise in their lives
- Develop positive attitudes to participation in physical activity
- Encourage enjoyment through physical activities
- Provide through experience, knowledge and understanding about the relationship between health and physical education
- Work with others, listening to their ideas and treating them with respect
- Co-operate and collaborate with others, in teams and groups, to achieve a goal together
- Develop an understanding of fair play and fairness through knowing and applying rules and conventions.

### **Implementation Statement:**

Our PE curriculum is structured into seven main areas, namely Dance, Gymnastics, Games, Athletics, Outdoor and Adventurous Activities, Swimming, and Health-Related Fitness. Whilst Games receives significant emphasis due to the diverse skills it encompasses, all areas of the curriculum provide opportunities for pupils to develop their knowledge and skills. We place a strong emphasis on teaching children how to swim, dedicating one term each year for pupils in Year Two to Year Five to develop their swimming skills.

Thematic elements, aligned with our school values, run consistently through all units of work in our PE curriculum. These themes enable pupils to establish connections and links in their learning from year to year, fostering a holistic understanding of physical education.

Our PE Scheme of Work is based on 'Complete PE,' a recognised framework that ensures the physical, social, cognitive, and emotional aspects of learning are integrated through structured and progressive sequences. Our pupils receive two hours of PE provision every week from Year 1 to Year 6. Each unit of PE is meticulously designed to target specific key knowledge and skills that children should be able to demonstrate by the end of the unit.

In the Early Years Foundation Stage (EYFS), children benefit from a stand-alone PE lesson, in addition to the Physical Development they receive as part of their in-class setting provision.

### **Impact Statement:**

The impact of our PE curriculum at St Mary's and All Saints Primary School is evident in the positive and lasting changes we observe in our pupils. Through our carefully structured and progressive approach to physical education, we see:

- **Improved Health and Well-being:** Our pupils exhibit enhanced physical health, mental well-being, and a strong understanding of the importance of an active lifestyle.
- **Lifelong Learning:** We nurture a culture of curiosity and continuous learning, where pupils develop skills and knowledge they can apply throughout their lives.
- **Active Participation:** Our pupils enthusiastically engage in various physical activities, promoting active participation in both structured and unstructured settings.
- **Realisation of Potential:** Each child is empowered to fulfil their potential, whether that be excelling in specific sports or simply enjoying the benefits of physical fitness.
- **Positive Attitudes to Health:** Our curriculum ensures that children's attitudes toward a healthy lifestyle are firmly established, leading to lifelong practices of healthy living.

- Skill Development: Pupils progressively build their knowledge and skills across a range of physical activities, reflecting our commitment to competence and confidence.

Our carefully planned and well-implemented PE curriculum at St Mary's and All Saints Primary School strives to make a profound impact on our pupils, enriching their lives and empowering them to become physically literate and active individuals who embrace a healthy lifestyle for life. This is achieved by providing inclusive, challenging, and enriching Physical Education lessons, a broad range of extracurricular activities, and opportunities for learners to engage in physical activities for a minimum of 60 minutes a day, thereby promoting excellence in PE and fostering a lifelong commitment to physical well-being.