

Inspiring 'Respect, Excellence, Happiness, Resilience, Compassion and Faith' in a happy and safe learning environment.



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## Intent, Implementation and Impact of Physical Education at St Winefride's Catholic Primary School

### **INTENT**

At St Winefride's, we strive to create a culture which aims to inspire an active generation to enjoy PE, encourage each other and achieve. We provide a safe and supportive environment for children to flourish in a range of different physical activities which is essential in supporting their physical, emotional, spiritual, social, and moral development.

It is our intent to build a curriculum that enables children to develop knowledge, skills, and vocabulary in a broad range of sporting activities, as well as developing values and transferrable life skills such as tolerance, fairness, teamwork, and respect alongside fostering a healthy sense of competitiveness and sportsmanship. Through a wide range of extra-curricular clubs, intra-school competitions, and competitive sporting opportunities against other schools in the wider community, we aim to raise the profile of PE and expose our children to sports that they may never have had the opportunity to engage with before.

We teach the National Curriculum, supported by clear skills and knowledge progression. Skills and knowledge are built upon year by year and sequenced appropriately to maximise learning for all children of all abilities. These sport-specific skills that are taught through both class teachers and experienced sports coaches, enhance children's sporting ability both in team games and individual sports so that they can perform with increasing confidence and competence across these physical activities.

### **IMPLEMENTATION**

Each child receives two hours of high quality of curriculum time PE on a weekly basis which is carefully planned and mapped out to ensure a broad and full range of skills and activities. These sessions are either delivered by specialist coaches or class teachers during PE lessons. Children in Years 2, 3 4, 5 and 6 attend swimming lessons at the swimming pool at Brio Leisure situated Neston High school, where they are taught to swim competently, confidently, and proficiently over a distance of 25m using a range of strokes. In addition to PE in curriculum time, we also strive to provide opportunities for children to access extracurricular physical activity through a wide range of sporting and active clubs. at both KS1 and KS2 but is embedded further throughout the school day, utilising the children's language development, and allowing for further opportunities to develop language skills across the whole curriculum.

At St Winefride's, we aim to provide all children with equal opportunities to participate in a wide range of activities both within and outside curriculum time. This gives all children access to a broad and balanced programme, which provides the opportunity for them to meet national expectations outlined in the PE National Curriculum. Activities covered include dance, gymnastics, swimming, athletics, OAA and adventurous activities (during residential visit).

We use a variety of teaching and learning styles in PE lessons. Our principal aim is to develop the children's knowledge, skills and understanding and we do this through a mixture of whole class teaching and individual/group activities. Teachers/ Professionals draw attention to good examples of individual performance as models for the other children and we encourage the children to evaluate their own work as well as the work of other children. Within lessons, we give the children the opportunity both to collaborate and to compete with each other.

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In all classes, there are children of differing physical ability. Whilst recognising this fact, we provide suitable learning opportunities for all children by matching the challenge of the task to the ability of the child. We want all children to take ownership for their physical and mental health through engaging in high quality Physical activity lessons.

We plan the PE activities so that they build upon the prior learning of the children. While there are opportunities for children of all abilities to develop their skills, knowledge and understanding in each activity area, there is planned progression built into the Physical Education lessons, so that the children are increasingly challenged as they move up through the school.

### **We teach lessons so that children:**

- Learn in a safe environment.
- Have fun and experience success in sport.
- Have the opportunity to participate in P.E at their own level of development.
- Understand the benefits of physical activity on physical and mental wellbeing.
- Understand the importance of activity and the positive impact that this has in promoting a healthy lifestyle.
  - Secure and build on a range of skills.
  - Understand basic rules of sports and games.
    - Develop good sporting attitudes.
    - Experience positive competition.

### **Aims**

#### **Our curriculum aims to ensure that all pupils:**

- ✓ Enable children to develop and explore physical skills with increasing control and co-ordination developing their fundamental movement skills.
- ✓ Develop and improve agility, balance, and coordination in all areas of physical education.
- ✓ Encourage children to work and play with others in a range of group situations.
- ✓ Develop the way children perform skills and apply rules and conventions for different activities.
- ✓ Increase children's ability to use what they have learnt to improve the quality and control of their performance.
- ✓ Teach children to recognise and describe how their bodies feel during exercise.
- ✓ Develop the children's enjoyment of physical activity through creativity and imagination.
- ✓ Develop an understanding in children of how to succeed in a range of physical activities and how to evaluate their own success.
- ✓ Lead PE and participate in PE games with increasing confidence, developing their own speaking, and listening skills.
- ✓ Encourage and develop sportsmanship, a sense of fair play and experience of being part of a team.
- ✓ Apply skills learnt across a range of sporting activities.
- ✓ Acquire useful PE vocabulary and knowledge that will assist in future PE activities at KS3 and beyond.
- ✓ Think strategically and thoughtfully when playing invasion games or working as a team.
- ✓ Promote health and fitness through developing a high standard of physical ability for all pupils.
- ✓ Develop an enthusiasm for fitness and understand the importance of good diet and exercise.
- ✓ Display our core values of 'Excellence, Respect, Happiness, Resilience, Compassion and Faith when engaging in physical activity.

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### **IMPACT**

All children receive a broad and balanced PE curriculum regardless of year group or ability. Every child will access all of the key areas of the subject on offer at our school. Teachers and specialist coaches plan PE with clear progression of skills and knowledge that we have devised as part of our curriculum offer to ensure that all children access it at an age-appropriate level.

As well as our regular PE lessons, we hold daily opportunities for physical activity such as structured games at playtimes and lunchtimes. The children have access to activity trails and activities in the school also. All children have a bag of PE resources that they have chosen as a class, and they enjoy playing with at playtime and lunchtimes. Our children enjoy being active and because of this, they live a healthy lifestyle and understand the importance exercise and being active. The children can take part in competitions throughout the school year against other local schools in the Neston cluster and they can progress to district and county level competition which our school has been successful in doing so for many years. Throughout the year, we have a wide range of physical clubs on offer to all children. We also have specialist coaches who come into school to deliver extracurricular activities in basic skills, invasion games, gymnastics, dance, and outdoor adventure.

### **EYFS**

In EYFS, children begin to improve their fundamental movement skills and teachers begin to consider the development of agility, balance and coordination for each child.

### **Key Stage One Pupils**

In KS1 are given ample opportunities to develop their fundamental movement skills and extend their agility, balance and coordination. They engage in competitive and cooperative physical activities through games, dance and gymnastics.

### **Key Stage Two**

Pupils in KS2 continue to apply and develop a broader range of skills such as running, jumping, throwing, and catching. These skills are incorporated into competitive games, performances using movement patterns and evaluations of their own and others' work. Pupils communicate and collaborate with each other and develop an understanding of how to improve in physical activities. There are many opportunities across the year for children to take part in inter and intra school competitions where their successes in sports are celebrated. Pupils are encouraged to engage in physical activity throughout the school day and attend the wide range of extracurricular activities open offer at St Winefride's. There is a very strong uptake to sporting clubs and physical activity clubs. We have strong links with local sporting clubs, and they come into school to deliver sessions which helps to build community links and encourage engagement in physical activity and team sport beyond school life. Children represent the school in cluster competition and do so successfully.

### **Cross Curricular Links**

Wherever possible, meaningful links are made to other areas of the curriculum in terms of children's physical and mental wellbeing.

### **Integration**

Children are targeted specifically to improve their fitness levels and are given additional PE time throughout the week. The children are individually challenged and enjoy taking responsibility for their own development over the course of a school term or school year.

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### **. Enrichment Opportunities**

The PE curriculum is enriched in a variety of ways, including:

- additional physical activity sessions for children – Superhero (Full of Beans) session.
- focus on wellbeing and mindfulness, including introduction of Yoga lessons and breathing exercises.

Progression and Assessment EYFS Regular observations and assessments of learning are recorded using a written journal and contribute to a summative assessment.

Staff teaching PE use the school's progression documents to assess the children in each lesson to provide positive feedback and next steps for children to progress and formal assessments are carried out in PE each term – this information is input into our foundation tracker.

PE achievements are celebrated at achievements assemblies and in newsletters, the school's social media, Whole School Dojo, newspapers and CH64 booklet.

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