

Physical Education (PE)

Intent - What are we trying to achieve for our children in physical education (PE)?

At St Patrick's Catholic Primary School we tailor our provision of sports, games and outdoor activities to ensure that our children leave us in Year 6 with functional skills to aid them in their high school life and beyond. We place a large focus on the importance of fitness and a healthy lifestyle which we hope will stay with our children for the rest of their lives. We make use of coaches from 730 coaching, as well as our own PE coordinator, to upskills our staff and give them confidence to teach all areas of PE (including dance) in all of our classes.

At St Patrick's, the PE curriculum has been carefully sequenced so that as pupils progress, they learn the importance of fair-play, respect for everyone involved and a healthy attitude to competition. All our PE lessons are planned from 730 coaching. We provide a high quality PE curriculum for Reception to Year 6 covering a wide range of sports during lesson time as well as specific sports in our school clubs.

Implementation - How is the curriculum delivered?

At St Patrick's, PE is taught in discreet lessons; however, the use of technology is encouraged to support learning across other curriculum subjects, and where appropriate, meaningful links are made. Following the 'Development Matters' guidance in EYFS, our Reception children progress through 'Moving and Handling' and 'Health and Self-Care' in line with the school's PE and expectations. It outlines the expectations for KS1 PE. At St Patrick's, we implement a PE curriculum that:

- Meets the objectives outlined in the National Curriculum.
- Is progressive throughout the whole school, over the 6 main areas of PE with distinct milestones over KS1 and KS2.
- Is delivered for 2 hours a week in KS1 and KS2 classes.
- Has transferable skills from week to week, over the planning sequence, providing opportunities for children to develop their bodies overall strength, health, fitness, confidence and flexibility through a wide range of sports.
- Improves children's mental health as we regularly discuss the importance of being physically and mentally healthy through both regular exercise and a balanced diet.

Impact - What difference is the curriculum making? How do you know whether pupils know what you think they know?

- Our PE Curriculum is high quality, well thought out and planned to demonstrate progression.
- Our Long-Term Plan (LTP) shows a clear progression of knowledge and skills across Key Stage 1 and 2 that builds on prior knowledge
- Children in KS1 spend a lot of time working on basic core skills. It is important they can do all of this at an early age, so they can then transfer these skills into a variety of sports in later years. We work very hard doing Physical Literacy, this involves various games/activities in which the children use core skills, spatial awareness, catching, throwing, striking, partner/group work, balancing, hand-eye co-ordination, and movement through Dance and Gymnastics.
- Children in KS2 take all of the skills learnt in KS1 and build on them by applying them in game type situations. Within these lessons we look to develop understanding of each particular sport and the tactics/techniques to achieve the best outcome. We also provide Outdoor Adventure Activities in Key Stage 2.

Swimming

As part of our Key Stage 2 PE curriculum, Year 3 and 4 participate in swimming lessons from January to July to learn how to swim. The aim for our children is to be safe, competent and confident swimmers by the time they leave the school, this means they will be able to swim 25m confidently, know how to keep safe in the water and be able to perform a competent self-rescue. If children are not competent in water upon leaving year 4 they will continue to join Class 2 and swim when they're in years 5 and 6.

As a school, we have to report on the amount of Year 6 pupils who can swim 25 metres competently; use a range of strokes and perform self-rescue in different water situations