



Holy Family Catholic Primary School

'Serving the Community'



Physical Education

Intent

At Holy Family Catholic Primary School, we are striving to develop a culture where sport and physical activity are considered an integral part of school life where children are physically active and able to flourish in a range of activities. We aim to give children maximum opportunities to take part in sport and physical activity, and we want PE lessons to embed all of the lifelong cooperative skills needed; working in a team, communication, leadership and fair play.

The aims of our PE curriculum are to develop pupils who:

- Have a keen interest in PE - a willingness to participate eagerly in every lesson, highly positive attitudes and the ability to make informed choices about engaging in extracurricular sport;
- Are able to remain physically active for sustained periods of time and have an understanding of the importance of this in promoting long term health and well-being;
- Are able to work and play with others in a range of group situations, and practise and apply their skills.
- Understand the values and importance of fair play and being a good sportsperson.
- Understand how to succeed in a range of physical activities and evaluate their own success;
- Lead a healthy lifestyle which is achieved by eating sensibly, exercising regularly and being aware of the dangers of drugs, smoking and alcohol;
- Can swim at least 25 metres before the end of Year 6 and know how to remain safe in and around water.

Implementation

Pupils participate in two high quality PE lessons each week, covering two sporting disciplines every half term. Lessons are challenging and enjoyable, learning through a range of sporting activities including; invasion games, net & wall games, strike and field games, gymnastics, dance, swimming and outdoor & adventurous activities.

As our school is structured around mixed year group classes, in order to ensure consistency, progression and National Curriculum coverage across all year groups, the topics are taught across each phase over a two year cycle. The long term plan sets out the PE units which are to be taught throughout the year and ensures that the requirements of the National Curriculum are fully met.

We provide children with opportunities to participate in extra-curricular activities that are inclusive, enjoyable and increase children's physical activity.



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Children are invited to attend competitive sporting events with local schools. This is an inclusive approach which endeavours to encourage not only physical development but also mental well-being. These events are very much enjoyed by the children.

During the Summer term, Sports Days are held for EYFS and KS1/2 covering traditional sporting activities.

Each year a small group of Year 6 children are invited to become Sports Leaders for the school. They develop into sporting role models for the younger children, assisting with lunch-time activities, our annual Sports day and any other Sporting activities.

Children in KS2 swim 4 times per week for 2 weeks during the Summer Term.

Intended Impact

As a result of the teaching of PE at Holy Family, we want to see that children have developed the fundamental skills and can apply them to a variety of sports and activities, understanding the values and importance of fair play and being a good sportsperson. We want the children to understand how to lead a healthy lifestyle and understand the importance of exercise. We hope children enjoy PE and develop a love of sport, and physical activity, that they pursue outside of school and in future life outside of primary school.

We measure the impact of our curriculum through the following methods:

- Pupil interviews will show that children enjoy their PE lessons and are confident when talking about their skills and what they have learnt
- Children of all abilities will be able to succeed in all PE lessons because lessons will be appropriately scaffolded, inclusive and appropriately challenging
- Planning and photographic evidence will demonstrate that the work children are producing is of a high standard and fulfils the requirements of the National Curriculum
- Children will be able to use a wide range of sporting vocabulary when discussing their learning
- Evaluation sheets completed by the teacher after each topic will show that the majority of children are working in line with or above age related expectations
- The number of children attending extra-curricular activities and competitions will be monitored to ensure a high number of children are taking part

The impact of our P.E curriculum is also measured in the uptake of our sports after school clubs and participation in inter school sports competitions.

External measures are also used to measure the impact of our P.E curriculum. Each year we apply for the School Games Award. This recognises high quality provision in school with either a bronze, silver or gold award. We regularly achieve the Gold Award for our high quality physical education and school sport.