



# St Paul's Catholic Primary School

'Do Everything with love.'

## PE Statement

### INTENT

At St Paul's, we have created our PE curriculum to ensure that it is fully inclusive to every child. Our aims are to fulfil the requirements of the National Curriculum for PE; to provide a broad and balanced curriculum; ensure the progressive development of PE concepts, knowledge and skills; and for the children to develop a love for PE and healthy lifestyle. A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically demanding activities. We provide opportunities for pupils to become physically confident in a way, which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect. We embed the skills of democracy by voting who will be a successful sports captain or play leader.

The national curriculum for physical education aims to ensure that all pupils:

- 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
- lead healthy, active lives

PE is fun and challenging where children experience the opportunity to learn a wide range of skills. We follow and teach the Real PE ethos by creating positive relationships with physical activity for life. It develops their ability to become active individuals who work cooperatively with each other and understand the importance of active living. We want all our children to see the PE lessons as valuable learning time and enjoy taking part in the breadth of activities and challenges. We ensure that children enjoy and love participating in PE and ensure this equips them with the skills to create a healthy lifestyle for the future.

### IMPLEMENTATION

We are embedding the Real PE approach to PE by following a unique, child centred approach that focuses on how we challenge and support every child. The subject leader for PE monitors, evaluates and reviews the implementation of the subject throughout the school. They ensure that there is a high standard of teaching and learning within the subject and that the curriculum is progressive throughout the whole school. Teachers follow the school's curriculum map for REAL PE when planning and use the guidelines and planning ideas from the Real PE scheme of work to support their teaching whilst using assessment wheels to gain knowledge of progression within their class. From their PE lessons, children enjoy communicating, collaborating and competing with each other. They develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success. From our real PE lessons EVERY child gains the physical literacy, emotional and thinking skills to achieve in PE, Sport and life.

St Paul's offers an array of competitive sports that the children can be part of either during after school clubs or the events we attend across the City. We are fortunate that the children run PE activities at lunchtime led by Sports Captains and Play leaders. The children are trained at the beginning of the school year and work on a rota to give children in KS1 games led by Play Leaders and competitive sports run by Sports Captains for KS 2. As the National Curriculum outlines PE will have-

The ability to develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations. Pupils should be taught to:

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- participate in team games, developing simple tactics for attacking and defending
- perform dances using simple movement patterns

Progression of skills - we start the fundamentals of REAL PE in EYFS in which the children develop the key abilities children need to be successful within PE and Sport and across the curriculum. We have a progression of skills across the full breadth of the PE National Curriculum for KS1 and KS2 which includes indoor and outdoor PE. In KS1, the focus of the PE curriculum is on the development of the fundamental skills that will be built upon in KS2 when they are applied in specific sports. It is our intention to develop a lifelong love of physical activity, sport and PE in all young people. We aim to help ensure a positive and healthy physical and mental outlook in the future and help young people to develop essential skills like leadership and teamwork. Pupils will develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They will develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success whilst compare their performances with previous ones and demonstrate improvement to achieve their personal best.

At St Paul's we invest in teachers' professional development for PE and have created a rolling programme to support ECT's and new members of staff. As well as ongoing support being available for all staff, through PITC. Regular feedback from staff ensures the PE lead is able to identify and liaise with PITC to deliver additional support where needed as well as support from the subject lead. This supports teachers understanding and skills and allows the children greater opportunities to develop within the PE curriculum.

All teaching staff and High Level Teaching Assistants (HLTAs) are all trained within REAL PE and supported and introduced to a new modern approach to teaching PE. This has guided their teaching and increased their confidence in teaching by using wellstructured lessons that the children enjoy and which enhances their physical and social skills.

## IMPACT

The impact and measure of this is to ensure that children at St Paul's are equipped with the skills that will enable them to be ready for life as an adult in the wider world. They will have positive relationships with physical activity for life! They will be able to play competitive games, and apply basic principles suitable for attacking and defending. They will develop flexibility, strength, technique, control and balance as well as perform dances using a range of movement patterns. They will take part in outdoor and adventurous activity challenges both individually and within a team. They will be challenged to demonstrate how they can achieve their personal best. As a school we work closely with Portsmouth Sport Partnership to enable all children to have the ability to compete across the City in a variety of games. These learning experiences allow children to join the wider community of the City and celebrate their successes as a team.

Fun, happy and healthy lifestyles is achievable for all our children.