



Physical Education

INTENT

The intent of teaching Physical Education (PE) is to give children the tools and understanding required to make a positive impact in their own physical health and well-being. We want all children to experience a wide variety of sports and physical skills which will enhance life-long fitness and positive life choices. PE can challenge and promote self-esteem through the development of physical confidence and problem solving. It can teach children to cope with both success and failure in competitive, individual and team-based physical activities. Within dance, it will allow children to explore their personal and spiritual identity. Children are given a opportunities to participate in competitive sport and other activities beyond the curriculum to build character, cooperation and help to embed values such as tolerance, fairness and respect.

IMPLEMENTATION

In EYFS we teach Physical Development (Gross Motor skills and Fine Motor skills) and from Years 1-6 the National Curriculum, supported by a clear skills and knowledge progression. This ensures that skills and knowledge are built on year by year and sequenced appropriately to maximise learning for all children. Two hours a week is dedicated to PE lessons (where possible, one is indoor based and one is outdoor based). Children gain experience of a variety of fundamental skills. This has a focus on agility, balance, coordination and fitness. Children take part in individual skills, group skills and team games, using PE equipment appropriate for their age.

We work in partnership with South Solihull Schools Sports, which allows us to access support that focuses on improving the quantity and quality of PE, School Sport and Physical Activity in our school. They supports us in many ways: PE Coordinator Development and Training; Professional Development for school staff; Active Playtimes; Pupil Leadership and Pupil voice; Quality Competitive Sport. We also are members of the Birmingham Catholic Schools Sports Association, which gives our children more opportunities to participate in competitive sports at different levels.

In Year 4, children have a series of structured swimming sessions. This allows children to consolidate and build upon their swimming skills across the year. In addition to meeting their curriculum expectations to swim continually for 25 metres, children will learn strategies for personal safety and survival as a life skill.

Equipment is purchased for use at break times to promote physical activity and children within Year 5/6 are trained as Playleaders to provide guidance to the younger children on different types of games that can be played – teaching them new skills. The school also offers a variety of after school clubs, some are run internally and some are run by external providers.

The school has signed up to be part of the Youth Sports Trust, which is supporting and enhancing the opportunities provided to the children within PE.

IMPACT

Our children will have an increased participation in physical activity and an understanding of how and why we need to keep healthy. Through our partnership with, South Solihull Sports and the Catholic Sports Association, and through other school links, children will have increased opportunities to compete and participate in a broad range of sports. They will acquire new knowledge and skills and over time, will develop an in-depth understanding of PE. Children will understand that a healthy lifestyle is achieved by eating sensibly and exercising regularly, promoting long-term health and well-being. Before the end of Year 6, children will have the ability to swim at least 25 metres and will have secure knowledge of how to remain safe in and around water.