



St. Patrick's Catholic Primary School

Physical Education Curriculum Statement

Intent of the physical education curriculum

At St Patrick's the PE curriculum aims to increase pupil's knowledge of physical development and skills which is progressive for all pupils including SEND and socially disadvantaged children. Linking physical skills and encourages a healthy, active lifestyle in and out of school.

During Physical Education lessons pupils will develop key physical education key threads which are;

- Develop a range of movement skills e.g running in isolation and combination.
- Play competitive games and learn basic rules and strategies.
- Improve their fitness improve their fitness, mental and physical health and well-being.

Implementation of the physical education curriculum

At St Patricks, we teach to the National Curriculum expectations, set out below, but also aim for children to leave with the knowledge of how to live and maintain a healthy lifestyle. We aim to provide the varied sporting opportunities to allow all children take these experiences through their school life, developing a broad range of skills and understanding that these skills are transferable through different sports.

- Physical Education is taught weekly with lessons of 2 hours per week.
- Teachers will use knowledge and professional judgement to challenge pupils appropriately.
- A yearly sports day to engage children in competitive and co-operative physical games.
- Parents will be sign posted to physical activity clubs and communities to support a healthy relationship with sport outside of school.
- 1k Daily Mile.
- Year 3 pupils will be taught to swim confidently and proficiently over a distance of at least 25m, using a range of strokes. Catch up swimming to be provided in year 6.
- Teachers are observed teaching a PE lesson by sports leader to monitor quality of education.
- The sports premium is well targeted to enhance pupils' physical activity.
- The fundamentals of movement will be linked back to the important benefits of exercise on our mental health as well as physical.

Impact

When pupils leave St Patrick's Catholic Primary School their learning In PE will have enabled them to have gained knowledge and understanding of benefits that come from being active, for example a positive mental wellbeing and healthy lifestyle and take this into their future lives.