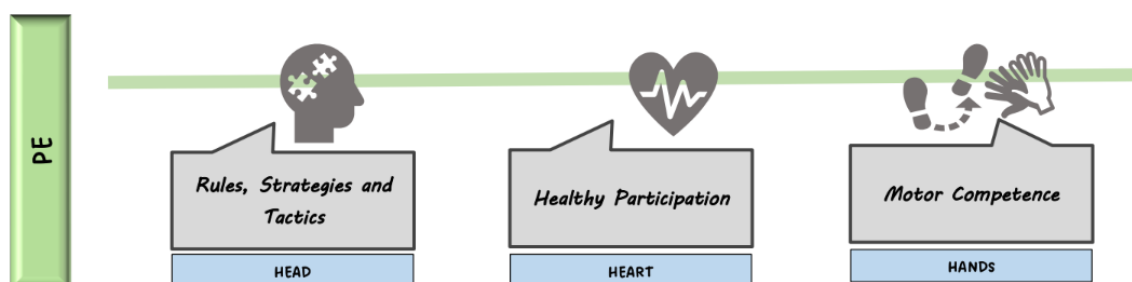




ST. JOHN BOSCO CATHOLIC PRIMARY SCHOOL

PE Across the School



Intent

“The national curriculum for physical education aims to ensure that all pupils develop competence to excel in a broad range of physical activities.”

Physical Education is an integral part of our curriculum and at St John Bosco we strive to create a culture which aims to inspire an active generation to enjoy PE, encourage each other and achieve. We provide a safe and supportive environment for children to experience a range of different physical activities which is essential in supporting their physical, emotional, spiritual, social and moral development. We aspire for children to adopt a positive mind-set and believe that anything can be achieved with determination and resilience. At St John Bosco we offer a varied program of activity to ensure that all children progress physically through a unique and fully inclusive PE curriculum. Our curriculum aims to help children attain optimum physical and emotional development and good health. We do this, not only through the sporting skills taught, but through the underpinning values and disciplines PE promotes. We aim to deliver high quality teaching and learning opportunities that enable all children to achieve their personal best. All children participate in competitive sport which can be against self and/ or others. We aim for all children to be physically active for sustained periods of time and to be able to make informed decisions to lead healthy and active lives; thus, embedding life-long values. Swimming is an important life skill and we aspire for all children to leave primary school having met at least the minimum requirements of the National Curriculum.

Pupils will move progressively through three learning stages:

- Explore – EYFS, Year 1 and Year 2: Pupils explore basic movement skills of running, jumping, kicking, throwing and catching, whilst demonstrating physical attributes of balance, agility and co-ordination.
- Combine – Year 3 and Year 4: Pupils combine basic movement skills of running, jumping, kicking, throwing and catching, whilst demonstrating physical attributes of balance, agility and co-ordination.
- Refine – Year 5 and Year 6: Refine sport specific skills whilst demonstrating physical attributes of flexibility, strength. Pupils will participate in a range of games, as well as dance and gymnastics sequences and health related fitness and outdoor adventurous activities.

Implementation

PE at St John Bosco provides 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 & adventure.

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.

Each unit of work will begin with an overview of what is to be covered within the sequence of lessons a unit conclusion, which will guide staff in providing summative feedback to pupils at the end of a unit of work.

- A list of prescriptive resources and a guide to adapting resources if the 'ideal' isn't available, as well as how equipment can be altered to support and challenge pupils, would also be included.
- Rules and regulations for specific sports would also feature to allow staff to encourage good practice ahead of potential competition and to ensure characteristics such as fair play and respect can be accurately enforced.
- Each lesson has an individual toolkit in the form of a flow chart, providing a visualisation of the sequence of learning taking place, as well as directed tasks based on pupil success. Specific vocabulary would also be included to outline key techniques of skills, allowing direct links with model questioning and images to support set up of activities.

Pupils participate in at least two hours of high-quality PE lessons each week. In addition, children are encouraged to participate in the varied range of extra-curricular activities from Reception to Year 6. Active lunch times, which include play leader activities, are available each day and children can attend after school sport clubs four evenings per week. Children are invited to attend competitive sporting events within the local area. This is an inclusive approach which endeavours to encourage not only physical development but also mental well-being. These events also develop teamwork and leadership skills and are very much enjoyed by the children.

Each year a group of KS2 children are invited to become Sports Leaders for the school. They develop into sporting role models for the younger children, assisting with lunch-time clubs and other Sporting activities. Children participate in workshops covering a variety of sports throughout the year. For example, rugby, outdoor and adventure, cricket, dance and skipping, again providing the children with an opportunity to develop, improve their fitness and to try something new.

Children in Year 4 swim once a week during the Autumn and Spring Term. We continue the course in the Summer term for Year 3 children.

Impact

At St John Bosco, we ensure that our PE curriculum is progressive and allows children to develop fundamental skills and apply them to a variety of sports and activities. All children are provided with the necessary skills and given opportunities to demonstrate improvement to achieve their personal best.

Our pupils are physically active, and this has a positive impact on their learning in the classroom. Children understand how to lead a healthy lifestyle and understand the importance of regular exercise. We aspire for children to enjoy PE and develop a love of sport and physical activity which becomes part of their future life outside of primary school.

Children can represent the school at sporting events from local to county level.

We aim for all Year 6 pupils to leave school with the skills to competently swim at least 25m and have the skills to self-rescue in the water which are key life skills.

- A suggested extra-curricular and enrichment offer, as well as the inclusion of QR codes to local sports provision, provides pupils with many opportunities to develop their skills, enhancing the potential for success which increases the likelihood of lifelong participation. This also provides an additional opportunity to participate in sport and be physically active, which develops resilience, confidence and independence to lead a healthy and active lifestyle.
- Sports and activities selected to comprise the curriculum, will reflect the school sport network calendar of events, allowing pupils to develop competence immediately prior to potentially showcasing these skills at a local area competition level.