

PE at St Mary's Priory Catholic Schools

'A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should 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.'

**Physical education programmes of study: key stages 1 and 2
(Department for Education 2013)**

The Physical Education (PE) Curriculum at St Mary's Priory Catholic Schools is a very important part of our curriculum. Each class has timetabled PE lesson for one hour every week. In the Early Years, we encourage physical activity and a love of the outdoors through having outdoor play every day. To ensure we are meeting national PE requirements from Reception onwards our children take part in 'Activate' sessions at the start of the day and at the start of the afternoon. This totals approximately 75 minutes per week.

The aim of Physical Education in the curriculum

In keeping with the aims of the national curriculum for physical education we aim 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.

We aim to deliver a balanced programme in lessons, at lunchtimes and at afterschool clubs which provides children with opportunities

to promote physical development and competence and to develop artistic, aesthetic and linguistic understanding through movement.

We aim to give all children the opportunity to extend their range of physical skills and develop their proficiency as well as appreciating the benefits of participation and competition. Through physical education we aim to develop interpersonal and problem-solving skills, develop personal qualities, such as self-esteem, confidence, tolerance and empathy, and help forge links between the school and its community.

It is recommended that children undertake some form of physical activity for at least 2 hours a week. At St Mary's our children have a one hour PE lesson and take part in daily Activate sessions for 15 minutes. (see Appendix 5 for further information on Activate)

The objectives of P.E. at St Mary's Priory

1. Children will participate in a range of psycho-motor / movement activities in order to develop personal physical skills. (Practical attainment)
2. Children will be made aware of their body in relation to others and their immediate environment and aim to promote quality of movement. (Kinaesthetics)
3. Children will be made aware of simple physiological changes that occur to their bodies during exercise. (Physiology)
4. Be given opportunities to develop imagination and co-operation to achieve shared goals. (Teamwork)
5. Be given opportunities to develop personal characteristics like
6. initiative, self-reliance and self discipline (Self knowledge)
7. Be given opportunities to enjoy and succeed in the subject as well as be stimulated and challenged. (Problem solving)
8. Be given the opportunity to develop areas of activity of their choice in extra-curricular time.

9. Make full use of the facilities here to prepare a child mentally and physically for key stage 3 and beyond.

The attainment targets

Key stage 1

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 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 will 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.

Key stage 2

Pupils will continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. 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.

Pupils will be taught to:

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance
- perform dances using a range of movement patterns

- take part in outdoor and adventurous activity challenges both individually and within a team
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.

In swimming our target is that our pupils will be taught to:

- swim competently, confidently and proficiently over a distance of at least 25 metres
- use a range of strokes effectively

Facilities

Our indoor facilities consist of 2 halls with fixed climbing equipment and a range of portable gymnastics apparatus. Outside, we have two playgrounds, including AstroTurf.

All children take part in PE and sports sessions or are supported to take part to the best of their ability.

Below is our current PE provision for Years R – 6. This is in the process of being changed as our staff develop their teaching skills in different sports.

PE Kit

It is essential children are well prepared for PE sessions. It is encouraged that children wear appropriate footwear and clothing that allows them to move freely.

PE Kit consists of navy shorts, a white T-shirt and plimsolls.

When the children are taking part in an outdoor activity then trainers are permitted. Barefoot is fine for gymnastics and dance.

It is suggested that children leave their PE kit in school and take it home each half term to be washed. It is important that every child takes part in PE and wears the appropriate kit.

No jewellery is allowed for PE. Long hair should be tied back.