

| Our Lady's Catholic Primary School | | | | | |
|------------------------------------|--------|---------|------|-----------|----------|
| Curious | Active | Learned | Wise | Attentive | Eloquent |



'Through the love of Jesus everyone should have life and have it to the full.'

'We aspire that through the love of Jesus everyone should 'have life and have it to the full'

Physical Education (PE)

Physical activity and sport are central to our educational ethos. We believe that children who are active and healthy are more likely to be well-motivated, happy children.

We aim to deliver a balanced program offering a variety of activities to enhance skills in physical education. Our PE and sport aspires to build self-esteem, teamwork and leadership skills enabling each child to be the best they can be.

We aim to:

- **Develop confidence, skills and knowledge.**
- **Pursue excellence.**
- **Be proud of all of our achievements.**
- **Promote fair play and respect.**
- **Educate children to improve health and wellbeing.**

Intent

At Our Lady's Physical Education forms an important part of the education of each pupil. We aim to promote an active, healthy and enjoyable lifestyle and encourage all of our pupils to have the motivation, confidence, physical and social competence, knowledge and understanding to maintain physical activity throughout life once they have left primary school.

P.E. is about introducing children to the world of an active lifestyle through teaching them the knowledge and skills to play and range of sports and showing a range of active activities, which, combined with enjoyment, will provide the foundations for a healthier, active lifestyle.

At Our Lady's we intend for Physical Education for every pupil to:

- Promote positive attitudes towards physical activity.
- Develop social co-operation and positive attitudes towards others and to compete with a sense of fair play.
- Show a willingness to practise skills in a wide range of different activities and situations to achieve higher levels of performance.
- Promote physical activity, physical skills development and ways to live a healthy lifestyle.
- Show the ability to remain physically active for sustained periods of time and an understanding of the importance of this in promoting long-term health and wellbeing.
- Exhibit the ability to take the initiative and become excellent young leaders, organising and officiating, and evaluating what needs to be done to improve.
- Show exceptional levels of originality, imagination and creativity in their techniques, tactics and choreography, knowledge of how to improve their own and others' performance and the ability to work independently for extended periods of time.
- Have age appropriate activities introducing the children to understand the need for rules in games.

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- Display a willingness to participate eagerly in every lesson, showing highly positive attitudes and the ability to make informed choices about engaging fully in extra-curricular sport.
- Have the ability to swim at least 25 metres before the end of Year 6 and knowledge of how to remain safe in and around water.
- Provide equal opportunities for all children regardless of their race, gender, background or ability, thus providing a programme of study that is inclusive.
- Provide equal opportunities for all children to achieve their full potential, through curricular and extra-curricular sessions.

Curriculum Implementation

What does our P.E. Curriculum look like?

At Our Lady's we have a clear long term plan for each year group mapping out the teaching and learning, knowledge and skills through each topic.

Our year group jigsaws summarise the key knowledge and skills to be acquired and retained during a computing topic throughout the year which can also be applied into other curriculum areas.

IMPACT

From our long term and medium term PE curriculum maps they facilitate sequential learning and long-term progression of knowledge and skills. Regular teaching and learning methods provide opportunities to recap acquired knowledge through high quality questioning, discussion, modelling and explaining to aid retrieval at the beginning and end of a lesson or focused unit. This will enable all children to alter their long-term memory and know more, remember more and be able to do more, promoting healthy well balanced lifestyle.