



Physical Education

What Do We Want Our Pupils to Achieve?

At The Rosary Catholic Primary School, we believe that physical education, experienced in a safe and supportive environment, is a unique and vital contributor to a pupil's physical development and well-being and that a well rounded PE curriculum can help our pupils to aspire to lives that are both healthy and active.

Our broad and balanced physical education curriculum is intended to increase our pupils' self-confidence in managing themselves and their bodies within a variety of movement situations. We want to provide the experience, knowledge and skills that will allow our pupils to achieve, to be challenged and to become life-long learners.

How is Physical Education taught?

We use the programme **Get Set for PE**. This inspires and motivates our teachers to:

- deliver all the disciplines in PE, for example, gymnastics, games, athletics etc.
- provide a child centered approach that transforms how PE is taught to include and engage every child
- assist our pupils in developing the key abilities needed to be successful in PE and Sport
- deliver outstanding lessons and monitor the assessment of skills taught.

In Reception, pupils explore fundamental movement skills alongside social skills, providing links to the Early Learning Goals.

All pupils from Year 1 to 6 have at least 1.5-2 hours of planned physical exercise each week.

In KS1, pupils aim to build their skills of agility, co-ordination and balance. At this stage, we introduce the concept of competition through small-sided games that allow our pupils to put the skills they have learned into practice. Pupils are given opportunities to experience and develop their physical and leadership skills.

In KS2, pupils aim to build on the skills they have learned in KS1, to learn new skills and to engage in adapted versions of games. They also attend a swimming lesson at Heston Swimming Pool every week for one term each year.

Pupil Leadership: Pupils are given a variety of different opportunities to lead within PE. In Year 6, they are also given responsibility over the leading of lunchtime games. This is achieved after receiving specialist training.

Specialist PE support: As we believe in the delivery of high quality PE, we provide specialist support through **Sports Impact**. A representative works alongside all teachers from Early Years to KS2 in order to develop the knowledge and skills necessary for high quality PE, and to help to deliver specialist clubs, games and competitions to pupils across KS1 and KS2. **Let's Leap** also provides specialist support through the teaching of PE lessons, leading pupils' lunchtime games and activities, and organising a range of after school clubs such as dance and football.

Our **Sports Council** in KS1 and KS2 ensure that pupils' views are heard, acknowledged and implemented where possible through regular meetings.

The Daily Mile: our commitment to encouraging our pupils to adopt an active life can be seen in **the Daily Mile**, an initiative that we have adopted in order to encourage pupils to walk, run, skip, hop etc around the perimeter of the playground each day to increase the amount of physical activity they participate in.

Sports Days: During the summer term, Sports Days are held for EYFS and KS1/2 covering traditional sporting activities and skills. The focus during these events is participation and competition.

As a school, we use **Key Indicators** to assess the impact of the **Sports Premium Funding** used to enhance our curriculum. Such indicators include the percentage of children being able to swim 50 metres; the participation levels of pupils in extra-curricular activities; and the number of pupils experiencing off-site activities e.g. competitions.

By the end of KS2, we believe that our pupils are ready to make the smooth transition to the PE curriculum offered in their secondary education and ultimately, to go on to lead active, healthy adult lives.

21st Century World; 21st Century Learners