



St. Patrick's Catholic Primary School

Physical Education

Intent, Implementation and Impact Statement

At St. Patrick's we ensure all children have the opportunity to be physically active through 2 hours of PE lessons each week, physical activity (movement in lessons, active break and lunch times, clubs) and school sport. Through a broad and varied curriculum, children develop and progress their skills through a range of sports, games and activities in a safe way to enable them to progress and achieve at PE and enjoy an active lifestyle.

Intent.

Children know the importance of exercise for a healthy body and good mental health

- Understand that being healthy includes choices that we make about diet and lifestyle
- Playtimes and lunchtimes are active
- Learn fundamental skills for a range of PE, sport and games
- EYFS teaches strong foundations for self-care and fundamental movements and gross motor control
- Have access to a broad and varied curriculum activities that includes games, gymnastics, dance, swimming, and OAA
- Throughout PE lessons children are physically active for most of the lesson
- All children have access to wider physical activities through a broad range of extracurricular clubs and opportunities to represent the school at sport and games through competition with local school events
- Children have the opportunity to lead PE activities
- Values are taught in PE, including: fair play, resilience, team-work, inclusion
- Assessment is systematically carried out and used to identify children who need further support or greater challenge
- All children to be able to swim 25m unaided by the end of KS2
- Focus has been made on outdoor learning opportunities
- We recognise that children have a range of abilities and take steps to ensure that all can succeed

Implementation

- All children in KS1 and KS2 have 2 hours of PE timetabled each week
- Children are taught through PE, science or PSHE the effects of physical activity on the body
- Children are taught through PE, science or PSHE to know what a healthy diet looks like and what needs to be included in a healthy lifestyle
- During PE lessons, and in other areas of the curriculum (science, PSHE, RE) links

- are made between physical activity, a balanced diet and lifestyle choices and being
- healthy in body and mind
- All children in KS2 have swimming lessons as part of their PE delivery.
- Lessons are delivered in a safe environment, begin with a warm up and end with a
- cool down
- PE lessons start with fundamental skills for the activity
- Games lessons move towards to small-sided team games and tournaments to
- develop awareness of effective teamwork and tactics
- Opportunities for all children to achieve, and to provide further development for able
- children, are embedded in every lesson and the wider school curriculum
- Sports Premium Funding is used to increase physical competency of staff and
- children and also provides staff with resources and high-quality equipment
- Verbal feedback is given in lessons to help learners make immediate improvements
- in their skills
- Children have many opportunities to represent the school at inter-school
- competitions from KS1 to UKS2, including competitions targeted at those children
- who do not regularly participate in team sport

Impact

- Children are able to explain the benefits of healthy living and an active lifestyle on themselves physically and mentally
- All learners develop the skills to take part in a wide range of PE activities, including those needed to succeed at secondary schools
- Leadership skills and confidence mean children are happy to show and demonstrate their learning
- In lessons, children can assess their progress. They can assess their peers and suggest ways others can also improve.
- Children enjoy PE and physical activity, and have a positive attitude to lessons
- The majority of children will have represented the school at sport or school games on at least one occasion during their school life
- Teachers are confident in their delivery of high-quality PE lessons. They can access support for areas of development or different teaching ideas.
- Children who are not achieving as expected are supported to make progress and where possible bridge the gap
- Children make healthy lifestyle choices about diet and exercise both in and out of school