

## **Physical Education**

*‘Giving our children the opportunity to become physically active, competent and literate, whilst learning the importance of exercise as a life-long habit’*

At Sacred Heart, we believe in giving our children the opportunity to become physically active, competent and literate, whilst learning the importance of exercise as a life-long habit.

We believe Physical Education (PE) that is delivered in a safe and supportive environment, is essential to children’s all-round health and well-being (physical, emotional, mental and social health).

### **Intent**

Our PE Curriculum has been developed to ensure a full coverage of the PE Programme of Study detailed in the National Curriculum 2014 (see below for documentation).

Our curriculum is designed to teach PE as a means of providing children with the opportunity to engage fully and develop their basic physical competencies, and build the foundations for a lifelong love of sport, physical activity and a healthy lifestyle.

Our core intent at the heart of the Physical Education (PE) Curriculum is to ensure that pupils are:

- making consistently strong progress,
- developing secure knowledge, understanding and skills, considering the different start points and,
- implement long terms plans (see below for documentation).

We strongly believe that by inspiring pupils to succeed and excel in physically demanding activities at their own level, they will become physically confident and literate in a way that supports their health and fitness for life.

### **Implementation:**

At Sacred Heart we use the GetSet4PE scheme of work to teach PE across the school. This scheme ensures that children are given plenty of opportunities to develop not only their physical movement skills but also whole-child objectives (Social, Emotional and Mental health objectives).

Across the school, using the GetSet4PE scheme, teachers plan high quality lessons, which promote active learning from the National Curriculum. The NC focuses on many different areas of learning within PE as a subject. Children will develop fundamental movement skills, before beginning to link these to make actions and sequences applying them in various sporting opportunities and situations.

In order to implement our intent, great effort is placed in ensuring the following is embedded throughout the school:

***All children are given the opportunity to achieve highly in lessons, with considered thought in planning, placed on their differing starting points.***

***Develop pupils who have a keen interest and 'love' for PE and a willingness to participate in each lesson with eagerness and passion. Create positive attitudes in the pupils, ensuring they have the ability to make informed, choices about engaging fully in extracurricular sport***

***Create a safe environment whereby all children feel comfortable but challenged in their skill development and are able to effectively evaluate theirs and other children's performances.***

***Expose children to healthy lifestyles both through exercise and healthy eating, giving children the opportunity to discover what is achieved by eating sensibly, and becoming aware of the dangers of not leading a healthy, active lifestyle e.g. smoking, drugs, alcohol.***

***Encourage children to practise skills in a range of different activities and situations, alone, in small groups, in teams, and to apply these skills in chosen activities to achieve exceptionally high levels of performance.***

***Ensure children can swim at least 25 metres before the end of Year 6 and know how to remain safe in and around water.***

At EYFS children begin to develop the fundamentals of movement through accessing the Physical Development strand of development matters. This is taught discreetly through continuous provision throughout the day, but also through some PE focused activities. The Early Years plan from The Early Years Framework, ensures high quality and active learning. This is also delivered thus meeting the Early Learning Goals- physical development, personal social and emotional development and communication and language.

At Key Stage 1 and 2 teachers plan for PE on a termly and weekly basis, using the GetSet4PE website and schemes of work, to ensure the delivery of high-quality, effective and progressive lessons which will enhance children's knowledge and understanding of the key skills being taught and how they can be linked together as they get older to perform activities successfully. Our planning includes units to be taught with clear learning objectives and success criteria and units that do not overlap each other.

Our expectation is that the majority of children will move through the programme of study at broadly the same pace with learning always starting from the children's prior knowledge and skill sets, and any misconceptions that they may have.

### **Impact:**

Most pupils at Sacred Heart will perform highly at the end of their key stage for PE:

- Early Learning Goal- Physical Development, Personal, Social and emotional development, communication and language.
- Key Stage 1 Outcomes
- Key Stage 2 Outcomes

*2020/21 – EYFS – ...% at or above expected with 92% making expected or better progress*  
*2020/21 – KS1 - 80% at or above expected standard with 100% expected or better progress*  
*2020/21 – KS2 – 94% at or above expected standard with 100% expected or better progress*

*2021/22– EYFS – 86% at or above expected with 100% making expected or better progress*  
*2021/22– KS1 – 87% at or above expected standard with 100% expected or better progress*  
*2021/22 – KS2 – 96% at or above expected standard with 100% expected or better progress*

Our focus this year is on monitoring participation in PE across the school and improving results in various school sporting competitions as well as improving children's understanding of the skills they are learning. This will enable them to become more independent learners through providing them with the strategies, resources and skills needed, rather than sport - specific content only.

PE is a key part of the National Curriculum. When children leave education, we hope they will have become physically literate individuals, who are able to remain physically active for a sustained period of time, either competitively or recreationally.

### **More Information:**

The following documents outline the content of the PE Curriculum that is taught at the school. These documents should be read in conjunction with the Termly Curriculum Outlines, as these provide more detailed information of the how these topics are to be taught.

If you were to walk into lessons at Sacred Heart, you would see:

- Children being given the opportunity to practise skills in a variety of ways, building on the skills taught previously, allowing them time to embed it. Different skills are recapped throughout and across year groups, each time being built upon, allowing children to know more and remember more.
- The lessons draw upon a combination of knowledge and the skills required to handle equipment safely, using it correctly and appropriately.
- The correct skill/activity specific vocabulary being used and developed – pupils have vocabulary available to them through displays. Pupils are encouraged to refer back to the key terminology and become increasingly independent in using and applying the correct terminology to demonstrate their understanding of a topic.
- The pupils speaking, listening, reading and writing skills being developed to enable them to become clear, effective communicators around their PE specific knowledge, understanding and skills.