

Introduction

At St Elizabeth's Catholic Primary School, PE plays a very important role in the development of our children. Through an enriched PE curriculum, a broad and wide range of after-school sport clubs and a varied competition programme, we aim to encourage a lifetime love of sport which inspires all children to maintain an active and healthy lifestyle and to reach their full potential.

High quality and inclusive PE, sport and physical activity leads to improved fitness, health and well-being, concentration, attitude, and academic achievement. Year after year, the range of sporting opportunities we provide at St Elizabeth's has been increasingly beneficial to the children at the school and has resulted in building self-esteem, encourage working as a team, developing leadership skills and developing a healthy and active lifestyle.

Curricular Aims

Promote physical activity and healthy lifestyles.

Encourage pupils to be physically active for sustained periods of time.

Pupils engage in competitive and non-competitive sports and activities.

Develop the competence to excel in a broad range of physical activities.

To ensure safe practice.

Objectives

To develop positive attitudes to participation in physical activity.

To make informed decisions about the importance of exercise in their lives.

To acquire and develop skills in a range of physical activities and sports.

To learn how to select and apply skills appropriate to the activity being undertaken.

To set individual targets and compete against themselves as well as others.

To respond to a variety of challenges in a range of physical activities and environments.

Entitlement

Every child is offered a minimum of 2 hours of high-quality PE a week. All children will learn and participate in range of different sports and activities.

Each class has an allotted indoor activity time as well as access to outdoor areas, such as the playground and field.

Delivery

In PE the overall structure of the lesson will generally be the same and consist of:

1. Learning Objective and Success Criteria
2. A warm up

3. A main teaching activity which would be either an introduction or revision of a skill.
4. Followed by a game or activity where the skill learnt is then applied.
5. The lesson is then concluded with a cool down.
6. Plenaries and mini plenaries take the form of constant evaluation of performance, consistently throughout the lesson.

Children will also learn about and discuss physical activity through cross curricular themes and sessions such as in PHSE and Circle time.

During PE lessons in the early years' children will: negotiate space and obstacles safely, with consideration for themselves and others; demonstrate strength, balance and coordination when playing; move energetically, such as running, jumping, dancing, hopping, skipping and climbing.

Sports Coaches

We use external coaches to assist with lesson planning and delivery, staff CPD, pupil assessment and development and extra-curricular opportunities. We have providers who cover afternoon sessions and after school clubs weekly.

KS2 year groups are provided with swimming lessons throughout the year by an external company which takes place onsite on St Elizabeth's school grounds.

Requirements

PE is a compulsory subject as outlined in the National Curriculum and requires all children to participate fully in Physical Education lessons.

Children are required to wear suitable PE kit on their PE days.

Equal Opportunities and Inclusion

Inclusive practice in PE should enable all children to achieve their best possible standard; whatever their ability, and irrespective of gender, ethnic, social, or cultural background, home language or any other aspect that could affect their participation in, or progress in their learning.

Teaching and learning are therefore differentiated to best match the needs of the class and the individuals within it. This process is completed by the teacher; specifically adapting plans to their class's needs.