



Physical Education

Intent

At St Winifred's Catholic Primary School, we believe that Physical Education (PE), experienced in a safe and supportive environment, is essential to ensure children attain optimum physical and emotional development and good health. We intend to deliver high-quality teaching and learning opportunities that inspire all children to succeed in physical education and in developing life skills. We want to teach children skills to keep them safe such as being able to swim or ride a bike with care. We also want to teach children how to co-operate and collaborate with others as part of an effective team, understanding fairness and equity of play to embed life-long values. Our curriculum aims to improve the well-being and fitness of all children at St Winifred's, not only through the sporting skills taught, but through the underpinning values and disciplines PE promotes.

Implementation

- PE at St Winifred's provides challenging and enjoyable learning through a range of sporting activities including; invasion games, net & wall games, strike and field games, gymnastics, dance, swimming and outdoor & adventure.
- Our curriculum sets out the PE units which are to be taught throughout the year and ensures that the requirements of the National Curriculum are fully met.
- Pupils participate in two high-quality PE lessons each week, covering two sporting disciplines every half term. In addition, children are encouraged to participate in a varied range of extra-curricular activities. Lunchtime sports clubs are available once a week to every class from Year 1 to 6. Children can also attend breakfast and after-school sports clubs.
- Children are invited to attend competitive sporting events within the local area. This is an inclusive approach that endeavours to encourage not only physical development but also mental well-being. These events also develop teamwork and leadership skills and are very much enjoyed by the children.
- Each year a small group of Year 6 children is invited to become Sports Leaders for the school. They develop into sporting role models for the younger children, assisting with lunchtime clubs, our annual Sports day, and any other Sporting activities.
- Children participate in workshops covering a variety of sports throughout the year, for example, outdoor and adventure, golf, curling and skipping. These provide the children with an opportunity to develop new skills, improve their fitness and to try something new.
- Children in Years 5 and 6 have 10-hour long swimming lessons over the course of two weeks.

- On a day when children do not have PE, each class takes part in the “Daily Mile”, to help meet the government target of all children being active for at least 60 minutes a day.
- Children in Year 6 are invited to attend a residential trip where they will undertake various outdoor activities such as climbing, abseiling, canoeing, orienteering, sailing and archery.

EYFS

The Early Years Foundation Stage Curriculum and carefully planned provisions are designed to support children’s physical development. We offer daily playful opportunities for children to engage in physical activity both in and outdoors. Our children have access to free-flow play for sustained periods of time and are encouraged to use our large outdoor environment including kitchen, play equipment and sandpit. We access this environment all year round, and in all weather conditions, to support the development of gross and fine motor control, balance, coordination, confidence and problem-solving skills. We explore relaxation techniques and share a range of healthy snacks to develop our understanding of the importance of a balanced and healthy lifestyle.

Impact

We help motivate children to participate in a variety of sports through quality teaching that is engaging and fun. From our lessons, our children learn to take responsibility for their own health and fitness, many of whom also enjoy the success of competitive sports. We equip our children with the necessary skills and a love for sport. They will hopefully grow up to live happy and healthy lives utilising the skills and knowledge acquired through PE.