



'Love one another as Jesus loved us' (John 13 v 34-35)

Physical Education at St Mary's CE Primary School

PE Curriculum Rationale

At St Mary's CE Primary, we put health and well-being at the heart of the P.E. curriculum and want our pupils to grow up valuing all the positives that a healthy lifestyle can bring. We want our pupils to be inspired to excel and succeed in competitive sport and revel in the pure enjoyment that physical activity can provide! The ambition is for our pupils to build the confidence needed to try new things, and to learn to *"live life in all its fullness"* by pushing themselves both physically and mentally to achieve great things! Our children are ATHLETES!

Curriculum Intent

At St Mary's CE Primary, the Physical Education Curriculum is ambitious beyond the statutory requirements of the National Curriculum and is designed to help our pupils to become independent and resilient learners. It is well-planned, so that pupils of ALL backgrounds - including those with SEND or who may be socially disadvantaged - have the same opportunities to achieve success.

The long-term plan and progression document have been developed in order to enrich pupils' learning experiences and has been built so that they can experience success, no matter what their starting points in life may have been. For example, our EYFS curriculum supports all learners to start out early in the year by practising their gross and fine motor skills by negotiation of space when playing simple parachute games. The games that are taught in those first few months in school are a further opportunity to celebrate British Values. These are embedded throughout the curriculum, as ideal ways to teach fair decision-making, behaving respectfully with those they play with and learning simple rules of the game.

Cultural capital is enhanced through visits to other schools in order to learn new skills or to compete. Being part of a local primary school sports cluster group provides excellent opportunities for our children to compete in a wide variety of sports across the school year. Most recently, the PE lead teacher also helped to run a local primary school football league of nine schools from this part of the borough – something we hope to begin again once full COVID restrictions are removed and a firm venue is in place again.

By inviting sporting stars from professional teams and organisations to share their expertise and experiences in school, we give our pupils inspiring chances to learn from the best. A recent visit by players from Salford Red Devils and Huddersfield Giants RLFC allowed our pupils time to chat informally with the players and be inspired to learn more about rugby league as a result. Planned experience days with experts in their field during National Schools Sports Week in Summer term also help us to build our pupils' cultural capital and provide them with unforgettable experiences.

Curriculum Implementation

At St Mary's CE Primary, we invest in our staff so that they are best-prepared to deliver a high-quality PE curriculum that has been carefully planned to meet the needs of all our children. We employ two expert coaches a week through Oldham Community Leisure. These coaches lead and help to plan our dance

provision and a wide variety of other sports. Our teaching staff co-teach sessions and as a result work alongside experts who are able to provide ongoing continued professional learning for them.

Teaching is delivered using a subject-specific approach, through carefully-chosen units of work which build upon previous learning. Where there is a link to another curriculum area that the class is studying, this link has been strengthened by matching the P.E. curriculum accordingly. For example, a unit of lessons on 'electricity' in science is matched to a series of lessons of dance in Year 6 around the same time of year. This helps pupils to remember more from their science lessons whilst acquiring new skills in P.E.

Pupils are invited to apply for the post of 'Health Champion' each year. These posts provide additional training to encourage our pupils to take the lead on promoting healthy lifestyles and setting whole-school targets for being active and making healthy choices. Their training, provided by Oldham Community Leisure, is invaluable in helping the pupils learn new games to pass on to their peers and encourages them to work alongside class teachers to promote healthy living – through initiatives such as the 'active blast' or 'daily mile' challenge. Furthermore, our 'Sports Ambassadors' from across both Key Stages help to look after playground equipment and promote physical activity during break times. As a result, our P.E. offer extends well-beyond the requirements of the National Curriculum and ensures that we continue to provide excellent opportunities for our pupils to learn beyond their normal allocated P.E. lesson times.

Whilst delivering their lessons, teachers are constantly checking to ensure that pupils are learning the necessary knowledge and identifying and addressing misunderstandings. Assessment is used as a tool to support pupil learning. Regular audits of the P.E. curriculum take place, so that staff can check that pupils are acquiring relevant knowledge, skills and vocabulary to build upon the learning opportunities and assessment end points for each year group and ensures progression and repetition in terms of embedding these.

Curriculum Impact

A range of assessment information in Physical Education is gathered. Assessment informs learning to ensure that all pupils including disadvantage and those with SEND achieve highly and acquire the knowledge and cultural capital they need to succeed in life. Staff use assessment information to inform their short-term planning and address misconceptions. This helps us provide the best possible support for all of our pupils. The end points for each phase are in the process of being carefully mapped out and further broken down. This means that the essential knowledge, skills and concepts in Physical Education are progressive and build year on year.

Our pupils learn well in their Physical Education lessons. This is evidenced not only in their learning time during the school day, but also as outcomes from their participation in extra-curricular clubs, activities and events. Our pupils love representing their school competitively and over the years we have enjoyed much success amassing a range of trophies from cross country to football and handball.

Pupils love their P.E lessons and comment positively on the wide range of clubs available to them on the extra-curricular timetable. They are well prepared for the next steps and stages of their learning due to the progressive and well sequenced curriculum. As a result, pupils make excellent progress as they know more and remember more as they move through the Physical Education curriculum at St Mary's CE Primary.

At St Mary's CE Primary School, we are ATHLETES!

The National Curriculum

Physical Education programmes of study:

Key Stages 1 and 2

Purpose of study

A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

Aims

The national curriculum for physical education aims to ensure that all pupils::

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives.

Attainment targets

By the end of each key stage, pupils are expected to know, apply and understand the matters, skills and processes specified in the relevant programme of study.

Schools are not required by law to teach the example content in [square brackets].

Subject content – Key stage 1

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Pupils should be taught to:

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- participate in team games, developing simple tactics for attacking and defending
- perform dances using simple movement patterns.

Subject Content – Key Stage 2

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Pupils should be taught to:

- use running, jumping, throwing and catching in isolation and in combination

- play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- perform dances using a range of movement patterns
- take part in outdoor and adventurous activity challenges both individually and within a team
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Swimming and water safety

All schools must provide swimming instruction either in key stage 1 or key stage 2.

In particular, pupils should be taught to:

- swim competently, confidently and proficiently over a distance of at least 25 metres
- use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
- perform safe self-rescue in different water-based situations.