



Holy Family Catholic Primary School

Following in the footsteps of Jesus, we Pray, Play and Learn Together



PE Curriculum Statement

At Holy Family, we recognise the importance of physical education (PE) to promote a positive attitude towards an active and healthy lifestyle. We aim to provide a broad and balanced curriculum, giving all children the opportunity to develop their physical competence and confidence alongside physical literacy. The intent of our PE curriculum is to provide every pupil with high quality PE and sport provision. We teach children how to cooperate and collaborate with others as part of an effective team, understanding fairness and equity of play to embed life-long values. It is our vision that all children succeed and achieve and strive to continue to self-improve and set their own goals. We aim to ensure all of our children leave primary school with the passion, knowledge, skills and motivation necessary to equip them for lifelong participation in physical activity and competitive sport.

INTENT	IMPLEMENTATION	PLANNED IMPACT
<p>Holy Family recognises and values the importance of Physical Education (P.E). We aim to develop a high-quality physical education curriculum that inspires all pupils to succeed and excel in competitive sports and other physically demanding activities. We do this through fully adhering to the aims of the national curriculum for physical education to ensure that all children:</p> <ul style="list-style-type: none"> • 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 <p>It is our intention to build a curriculum that enables children to become physically literate, developing knowledge, skills and vocabulary in a broad range of sporting activities, as well as developing the school games values of passion, belief, respect, honesty, determination and teamwork.</p>	<p>Our long term curriculum plan identifies the breadth and depth of activities delivered across the school using the Getset4PE scheme as a scaffold to ensure coverage of the National Curriculum. It is used to aid for teaching staff to support their subject knowledge and the planning of PE.</p> <p>We teach PE lessons so that the children:</p> <ul style="list-style-type: none"> • have fun and enjoy PE and being active • learn, practice and develop skills and knowledge in a safe environment • experience success and grow in self confidence • develop good sporting attitudes • understand basic rules and adhere to them • experience positive competition • set the foundations for a lifelong physical activity <p>Teachers are able to adjust and change lessons to suit the needs of their classes. The scheme provides a strong basis of what is expected in each year group and provides supporting resources and an assessment tool. Each class has access to two hours of high quality physical activity every week, made up of the Daily Mile and quality teaching of PE. These are either taught by the class teacher or by our Sports Coach who receives ongoing training and support. In addition to this, at Holy Family we promote active lessons across the curriculum.</p> <p>Each lesson, children are given the opportunity to practise skills in a variety of ways and each lesson builds upon the previous skills, allowing them time to embed new learning. Different skills are recapped throughout, and across, the years, each time they are being</p>	<p>Our curriculum aims to improve the wellbeing and fitness of all children at Holy Family; not only through the sporting skills taught, but through the underpinning values and disciplines that PE promotes.</p> <p>Through strong links with PHSE we promote the overall well-being and health of each child through teaching about self-discipline and that to be successful you need to take ownership and responsibility of their own health and fitness. We encourage the children to aspire to be inspirational role models within our school and the local community and recognise the impact this can have on their wellbeing and good health.</p> <p>In all classes, children possess a wide range of physical abilities. Whilst recognising this fact, we provide suitable learning opportunities for all children by matching the challenge of the task to the ability of the child. Children strive to achieve their personal best, meet challenges and feel</p>

Respect, Responsibility, Resilience

<p>Our commitment to ensuring that all children access and participate in planned and structured lessons enables them to develop fundamental movement skills to become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. Linking movements to create actions and sequences of movement. Communicating, collaborating, competing and understanding how to improve in different physical activities and sports gives children the opportunity to learn how to evaluate and recognise their own success. Opportunities to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations are given.</p> <p>Through enrichment activities and inter and intra-school competitions, we aim to raise the profile of PE and expose our children to sports they may never have had the opportunity to engage with. Our PE curriculum is based on an enhanced model of the Early Years Framework and the National Curriculum with a clear progression structure from EYFS to Year 6. This progression of skills enables children to continually build their skills to meet the end of Key Stage objectives in the National Curriculum.</p> <p>An essential element of the curriculum at Holy Family shows a need for healthy lifestyles, a balanced diet, positive growth mind-set and the resilience to persevere. Active PE lessons and active lessons beyond the PE lesson show our passion about the need to teach children how to embed life-long values and physical well-being .</p>	<p>built upon; allowing children to know more and remember more. Safety in PE is stressed as children learn to look after the equipment, themselves and others when working in the hall, on the playground or school field. Teachers discuss hazards and what can be done to reduce risks so nobody is harmed. We follow the Association for Physical Education Safe Practice Guidance.</p> <p>We offer a wide range of sporting after-school clubs run by both teaching staff and teaching assistants. Our After school clubs change activities every half term to cater for a range of abilities and preferences. A range of inter and intra events run throughout the school year, giving children opportunities to take part in many competitive sports. We aim for all children to represent school at a competitive event before they leave in Y6 and inclusion in events is closely tracked.</p> <p><u>EYFS</u> We recognise the importance of physical ability in the Early Years Foundation Stage as a key area of learning. There are two strands of Physical Development: Moving and Handling and Health and Safe Care. Children in the EYFS access time and space to enjoy energetic play daily in the outdoor learning area. The children access specific physical development through timetabled PE lessons in Reception, in preparation for Year 1. This gives the children the opportunity to learn and practise fundamental movement skills.</p> <p><u>KS1</u> Within KS1, the children continue to develop their fundamental movement skills through a range of activities and opportunities, where children learn to work individually, in pairs and in groups. They begin to apply the fundamental skills, tactics for attacking and defending and basic movements to a range of physical activities. Children begin to describe movement and self-assess their own and other’s performances.</p> <p><u>KS2</u> Children continue to apply and develop a range of skills. They learn how to use them in different ways and to link them to make actions of sequences and movement. Games skills are enhanced by the opportunity to make choices and use tactics. Children in Year 3, Year 4 and Year 5 receive blocked swimming lessons with the aim that by the end of Year 5 all children are able to swim a minimum of 25m unassisted. These lessons are provided in blocks. Every child is given the chance to learn to swim and develop confidence to allow them to feel comfortable in and around water. Our outdoor adventurous activity programme includes residential experiences in Year 5 and Year 6.</p>	<p>proud. Children at Holy Family make good progress in PE and are eager to attend after school clubs and competitive sports events.</p> <p>Children complete each key stage with a high proficiency in each aspect of PE. The school achieves well in a number of sporting activities and achieved a School Games award at platinum level in 2022 in recognition of its PE provision and children’s access to competitive sports.</p> <p>Our active engagement in Knowsley School Sports Partnership ensures that we celebrate the successes of our children as participants in sport in Knowsley and use the latest information around the agenda for PE and Sport to further enhance the quality of PE and therefore directly impact the outcomes for our children.</p>
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