

## PE Curriculum Statement

At Holy Family, we recognise the importance of physical education (PE) in fostering a positive attitude towards an active and healthy lifestyle. We work closely with Knowsley Schools Sports Partnership and use Sports Premium funding to enhance the quality of our PE provision. Our aim is to provide a broad and balanced curriculum that gives every child the opportunity to develop their physical competence, confidence, physical literacy and oracy. The intent of our PE curriculum is to ensure that every pupil experiences high-quality PE and sport provision. Through PE, we teach children to cooperate and collaborate as part of an effective team, while understanding fairness and equality, embedding lifelong values that extend beyond the classroom. Our vision is that all children succeed, achieve, and are encouraged to continually self-improve, setting and striving towards their own goals. We aim to ensure that every child leaves primary school with the passion, knowledge, skills, and motivation needed for lifelong participation in physical activity and competitive sport.

| INTENT  | IMPLEMENTATION  | PLANNED IMPACT   |
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| <p>Holy Family recognises and values the importance of Physical Education (PE). We aim to develop a high-quality PE curriculum that inspires all Children to succeed and excel in competitive sports, physically demanding activities, and water-based activities. Through full adherence to the National Curriculum for Physical Education, we ensure that all children:</p> <ul style="list-style-type: none"> <li>• Develop competence to excel in a broad range of physical activities, including swimming and water safety</li> <li>• Are physically active for sustained periods</li> <li>• Engage in competitive sports and activities</li> <li>• Lead healthy, active lives</li> </ul> <p>Our intention is to build a curriculum that enables children to become physically literate, developing knowledge, skills, and vocabulary across a broad range of sporting and aquatic activities. We also aim to instil the school games values of passion, belief, respect, honesty, determination, and teamwork.</p> <p>We are committed to ensuring all children access and participate in planned and structured lessons, helping</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 National Curriculum coverage. It supports teaching staff in planning high-quality PE lessons and developing their subject knowledge.</p> <p>We teach PE lessons so that children:</p> <ul style="list-style-type: none"> <li>• Have fun and enjoy being active</li> <li>• Learn, practice, and develop skills safely</li> <li>• Experience success and grow in self-confidence</li> <li>• Develop good sporting attitudes</li> <li>• Understand and follow basic rules</li> <li>• Experience positive competition</li> <li>• Set foundations for lifelong physical activity</li> <li>• Develop communication skills through oracy, enhancing collaboration, teamwork, and social-emotional learning</li> </ul> <p>Teachers adjust lessons to suit their classes. The scheme provides a clear framework for expectations, supporting resources, and assessment tools. Each class has two hours of weekly physical activity, combining the Daily Mile and PE lessons delivered by the class teacher or Sports Coach, who receives ongoing training. Beyond this, Holy Family promotes active lessons across the curriculum.</p> | <p>Our curriculum at Holy Family aims to improve the wellbeing and fitness of all children, not only through sporting skills but also through the values and disciplines that PE promotes. Through strong links with PSHE, we support each child's wellbeing by teaching self-discipline and personal responsibility for health and fitness. Children are encouraged to be inspirational role models within the school and local community, recognising the positive impact on their wellbeing and long-term health.</p> <p>In all classes, children demonstrate a wide range of physical abilities. We provide differentiated learning opportunities that match the challenge to each child's ability, allowing them to strive for personal bests, overcome challenges, and feel proud.</p> <p>Children make strong progress in PE and are enthusiastic about attending after-school clubs and competitive sports events.</p> |

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| <p>them develop fundamental movement skills. This enables children to become increasingly competent and confident, enhancing their agility, balance, and coordination, both individually and with others. Children learn to link movements to create actions and sequences, while communicating, collaborating, competing, and understanding how to improve in a variety of activities and sports. This provides opportunities to evaluate and recognise their own success.</p> <p>Through engagement in competitive (against self and others) and co-operative physical activities, across increasingly challenging situations, children develop resilience, perseverance, and self-motivation. Enrichment activities, and inter- and intra-school competitions, raise the profile of PE and expose children to sports and aquatic activities they may not otherwise experience.</p> <p>Our PE curriculum is based on an enhanced model of the Early Years Foundation Stage Framework and the National Curriculum, with a clear progression structure from EYFS to Year 6. This ensures children continually build their skills to meet end-of-Key Stage objectives, including competence and confidence in swimming and water safety.</p> <p>An essential element of the curriculum at Holy Family is promoting healthy lifestyles, balanced diets, a positive growth mindset, and resilience to persevere. Active PE lessons, alongside physical activity across the school day, demonstrate our commitment to embedding lifelong values, physical well-being, and the skills needed for safe participation in all forms of physical activity.</p> | <p>Lessons allow children to practise skills in a variety of ways, building on previous learning. Skills are recapped progressively, helping children know and remember more. Safety in PE is emphasised, teaching children to care for themselves, others, and equipment, following the Association for Physical Education Safe Practice Guidance.</p> <p>A wide range of after-school clubs, run by staff and teaching assistants, rotate each half term to cater for diverse interests. Inter- and intra-school events offer opportunities for competitive sports, with all children encouraged to represent the school before Year 6.</p> <p><b>Early Years Foundation Stage (EYFS)</b></p> <p>Physical development is key in EYFS, with strands of Moving and Handling and Health and Self-Care. Children access daily energetic play and timetabled PE lessons in Reception, practising fundamental movement skills and developing physical confidence for Year 1.</p> <p><b>Key Stage 1 (KS1)</b></p> <p>Children develop fundamental movement skills individually, in pairs, and in groups. They apply these skills in different contexts, learn basic attacking and defending tactics, and are introduced to oracy, describing movements and self-assessing performance to build communication and reflection skills.</p> <p><b>Key Stage 2 (KS2)</b></p> <p>Children develop a wide range of skills, linking them to create sequences. Games skills are enhanced through decision-making, tactics, and collaboration. Oracy is embedded, enabling discussion of strategies, reflection, and effective teamwork.</p> <p>In Years 3 and 4, children take blocked swimming lessons to ensure all can swim at least 25m unassisted, with top-up lessons as needed. Lessons build water confidence and competence. Our outdoor adventurous programme, including residential experiences in Years 4, 5 and 6. This develops resilience, teamwork, and leadership in challenging environments.</p> | <p>Oracy is an important part of our PE curriculum, developed across four areas: Physical oracy – speaking clearly; Linguistic oracy – using good vocabulary, grammar, and language effectively; Cognitive oracy – sharing ideas, answering questions, planning, summarising, and debating; Social and emotional oracy – speaking confidently, listening respectfully, and adjusting language for different situations. By integrating oracy into PE, children develop communication, teamwork, and leadership skills alongside physical competence.</p> <p>Children complete each key stage with a high level of proficiency in all aspects of PE. The school achieves strong outcomes in sporting activities and has held the School Games Platinum Award since 2022, recognising both the quality of PE provision and Children’ access to competitive sports. Our active engagement with the Knowsley School Sports Partnership (SSP) ensures we celebrate children’s successes in local sport and use up-to-date guidance to enhance PE provision, directly impacting physical skills, wellbeing, and lifelong participation in sport.</p> |
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