Overview of PE at St Paul's C of E Primary School

Walk On Water

With God ALL THINGS ARE possible MATTHEW 19:26

School Vision:

To inspire a community which values everyone and their God given potential, encouraging all to flourish, achieve and believe in future possibilities.

Physical Education Vision:

At St. Paul's, we are passionate that our pupils should develop spiritually, academically and in body. We aim for all children to flourish in and out of the classroom; for pupils to develop resilience and believe in their future possibilities; for talents to be nurtured ensuring that pupils achieve their God-given potential

Intent

At St. Paul's C of E Primary School we believe that Physical Education, delivered safely and in a supportive environment, is essential to ensure that children attain optimum physical and emotional development. The lessons in good health will be embedded so that our pupils continue to follow them beyond school and into adulthood. High-quality teaching and learning opportunities delivered by sports specialists (Mr Morgan and Mr Chivers) as well as class teachers will inspire all children to succeed in physical education. Our children will learn life skills needed to keep them safe, healthy and to have fun including swimming, fitness and competitive sports.

Other values and disciples that our PE curriculum promotes include:

- Skills in co-operation and collaboration to be an effective team
- Understanding fairness and equity of play
- Skills in self-reflection to assess their own and others' performance
- Positive self-esteem
- Respect for others

Implementation

Our curriculum aims to improve the wellbeing and fitness of all children at St. Paul's as well as giving pupils opportunities to enjoy competing in sports. We aim to ensure that children are active for 30 minutes per day in school (in line with the government's 60 active minutes campaign). This includes through our Outdoor Play and Learning (OPAL) opportunities developed during break and lunchtimes.

Pupils **flourish** by participating in two high-quality hours of PE each week. One hour is taught by a sports specialist and one hour by the class teacher.

Skill areas (gymnastics, dance, outdoor adventurous activities, invasion games, net and wall games and striking and fielding games) are taught annually or within phase year groups ensuring pupils **achieve** through a progression of knowledge and skills. Some aspects of Outdoor Adventurous Activities will take place on school trips and residentials. Swimming is taught in Year 4 and Year 5 where pupils may have some experience in swimming already and have the time for 'catch up' sessions in Years 6 if needed. All resources and equipment needed for PE lessons are used in accordance with 'Safe Practice in PE' (AfPE).

Pupils are encouraged to participate in extra-curricular activities including OPAL activities run by members of staff or playleaders. Members of the Sports Crew are encouraged to promote PE and games throughout the year and particularly during House Festivals Week in the summer.

Pupils are invited to attend competitive sporting events within the local area organised by the Watford and Three Rivers School Sports Partnership. This inclusive approach encourages both physical development and positive mental well-being as well as encouraging children to **believe** in themselves and their God-given potential. In Years 5 and 6, some pupils will be selected to be sports leaders. They attend training to promote sports within the school and may lead games for other year groups. These leadership opportunities **inspire** pupils to take part in physical education throughout their time at St. Paul's.

Impact

By the end of Year 6, the requirements of the National Curriculum are fully met and pupils are equipped to compete in age-appropriate levels of the different sports (see curriculum map).

Our pupils will be motivated to participate in a variety of sports through quality teaching that is engaging and fun.

They will learn to take responsibility for their own health and fitness and be equipped with the necessary skills to enjoy competing in sports.

Lessons in good health will be continued in their journey to secondary school and into adult life.

Cross Curricular Links

Science—topics about healthy living and how the body functions are taught from EYFS to Key Stage 2. The impact of exercise on the heart is also investigated.

PSHE—sports people who have demonstrated a growth mindset are used to inspire resilience.