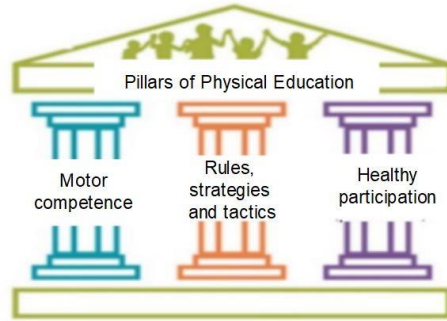


Intelligence and skill can only function at the peak of their capacity when the body is healthy and strong.

— John F. Kennedy —



**T**ogether  
**E**veryone  
**A**chieves  
**M**ore

**Our intent in PE, as a federation, is to provide opportunities for all pupils to become physically confident in a way which supports their health, fitness and improves their learning.**

*“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.” (National Curriculum 2014)*

### INTENTION

By the end of their time within both schools, in line with the National Curriculum, we want pupils to be able to:

- use running, jumping, throwing and catching in isolation and in combination (fundamental movement skills).
- play competitive games and apply basic principles suitable for attacking and defending.
- develop flexibility, strength, technique, control and balance
- 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.
- 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.

Through our PE lessons:

- We teach the National Curriculum, supported by a clear skills and knowledge progression. This ensures that skills and knowledge are built on year by year and sequenced appropriately to maximise learning for all children. Children take part in individual skills, group skills and team games. These are linked to the Catholic Social Teaching. Assessment is still being developed.
- PE is taught by class teachers. Lessons are regularly timetabled throughout the week across all year groups. CPD is available for staff through the IWC.
- Supported by the PE hub all staff have access to this planning.
- Children have equal opportunities to take part in a range of physical and game based activities within a well resourced environment where effort as well as success is recognised.
- Children are encouraged to participate in exercise throughout the day and not just PE lessons. This includes active learning in other lessons, after school clubs, our forest area, lunch provision and other special events throughout the year. A focus area is given to staff every two weeks which supports the fundamental skill movement (FSM). Daily mile is actively encouraged (developing a way of recording).
- All key stage 2 children have the opportunity to compete in a range of level 1 competitions in school, and outside of school through matches and festivals (level 2). Key stage 1 is presently being developed in school.
- Year 3 are given the opportunity to attend swimming sessions at their local swimming pool (Waterside and Medina).
- To ensure the use of technical language is being used in PE and not just the name of the sport, a question is posed every two weeks to encourage discussion.
- Assessment is currently being developed in PE. A baseline of activities is to be completed three times a year and a termly update to provide the best support for the children and staff.

## IMPACT

- The impact of PE should benefit the children across all of their learning.
- When they leave the federation all children should have established the key fundamental skill movements to be able to participate in a diverse range of sports.
- The children should also understand the importance of physical exercise, but also enjoy sport and exercise and continue to do so beyond school.
- The children should have experienced a range of sports on different levels to encourage further participation beyond school.