

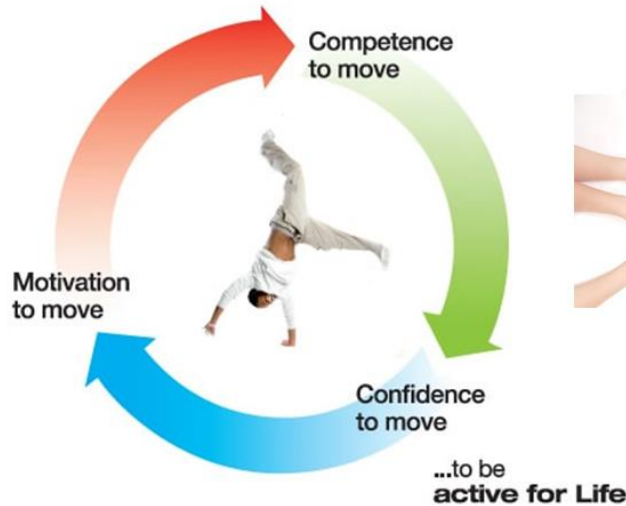


# P.E. Subject Statement

## INTENT

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

— John F. Kennedy —



**Our intent in PE, as a school, 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 at St Thomas of Canterbury, in line with the National Curriculum, we want pupils to be able to:

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



# P.E. Subject Statement

Through our PE lessons:

- PE at St Thomas of Canterbury is taught by class teachers (with PE specialist support in gymnastics offered across all years). Lessons are regularly timetabled throughout the week across all year groups.
- 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.
- 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, using PE equipment appropriate for their age.
- Children are encouraged to participate in exercise through-out 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.
- 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. Key stage 1 is presently being developed.
- Year 3 are given the opportunity to attend swimming sessions at Medina Leisure Centre.

## IMPACT

- The impact of PE should benefit the children across all of their learning.
- The children should also understand the importance of physical exercise, but also enjoy sport and exercise and continue to do so beyond St Thomas of Canterbury.

