



P.E. Intent

At St Mary's we believe that Physical Education, is essential to ensure children attain optimum physical, emotional and social development and to achieve a healthy life balance. Our intent is to provide and continuously improve a physical education curriculum that is inclusive of all pupils. Where we understand and listen to children's varying levels of physical and cognitive ability, support and challenge their abilities, improve their knowledge and give them the cultural capital to succeed in life.

St Mary's wants all children to enjoy a range of sports and experiences and excel to their very best physical abilities. To have the chance to develop their skills year on year and feel confident to use previous knowledge from other experiences and interlink it with new challenges. This incorporates their physical fitness, mental health and wellbeing and having the knowledge to ensure a balanced and healthy lifestyle.

We deliver high-quality teaching and learning opportunities that inspire all children to succeed in physical education and in developing life skill such as swimming. St Mary's strives to offer as many sporting opportunities to all its pupils as possible to support their social, health and wellbeing through competitions, team games and school activities. Thus, motivating them to build their resilience, fairness, teamwork, and show respect for others.

P.E. Implementation

At St Mary's we know that it is important to implement an effective and high-quality physical education curriculum. We provide a variety of sporting activities which are timetabled twice a week, in all years. As a school body we follow the Get Set 4 PE scheme of work; this enables staff to plan and develop pupils' skills in conjunction with the schools in depth progression of skills map across all year groups. This ensures all children make progression throughout the school and are challenged and supported at their appropriate level.

This is built on year upon year to help build their knowledge, resilience, confidence and skill levels to provide them with the tools to learn their own and others' strengths and areas to develop.

Assistive technology can be used in PE to ensure inclusivity for all learners. The use of videoing correct techniques, instructions that can be recorded and replayed, and online videos can increase our children's sense of independence and achievements.

We also provide the children with a variety of engaging extra-curricular and competitive sporting events as well as outdoor and adventurous activity challenges. This approach is to support the children to learn independently the benefits of sport not only on the health of their body but also on their mental well-being.

In addition:

- Children in Y3 have weekly swimming lessons throughout the year to ensure they are able to meet the National Curriculum requirements for swimming by the end of Y6.
- We have an annual Health Week in June, which provides children with the opportunity to experience different physical challenges, sports, team games, problem solving and inter-house competitions. We incorporate this within the DT topic of food and how we can undertake a healthy life style and nutritional choices.
- Children in Y6 go on an annual 5 day/4 night residential trip every October where they undertake varying physical, mental, problem solving and personal challenges.
- The Y5 children go on an annual 3 day/2 night residential trip in March, again to undertake varying physical, mental, problem solving and personal challenges.
- Children in Year 2 and Year 4 take part in an annual skipping festival and enjoy specialist training.
- Children in Years 3 to Year 6s, have 2 hours of PE a week with a specialist PE instructor which supports progression, fidelity to the scheme and continuity.
- We offer a range of enrichment activities as clubs and additional activities such as cross country, netball, football, multi sports, gymnastics, cheerleading, kickboxing, dance, tag rugby and tennis.
- In Year 6 we have Sports Captains who are chosen for their effort, respect, vales and teamwork to the people around them who then support events at school.
- We support, coach and encourage the children in Years 5 and 6, to take on the responsibility of becoming role models for the children in KS1, by training them to be playtime leaders during lunchtime play.

P.E. Impact

At St Mary's, our aim is to improve all children's physical and mental wellbeing as well as their fitness and skill levels; provided through the ongoing curriculum with a holistic approach to meet every child's needs, regardless of any barriers.

To achieve the most impact, it will be delivered though not only the sporting skills taught, but also through the underpinning values of fairness, respect, discipline and teamwork, for themselves and their fellow students, understanding the value PE promotes, on all levels.

Within our lessons, children are taught about self-discipline and that to be successful you need to take ownership and responsibility of their own health, fitness and wellbeing.

Our impact is therefore to motivate children to utilise these underpinning skills in a fun, independent, resilient and effective way in order to live happy and healthy lives so they can love, grow and learn whilst at St Mary's and beyond.