

Physical Education

Rationale

At St. Peter's we recognise the importance of high quality physical education and the role it plays in promoting long term healthy lifestyles. Our PE curriculum intends to inspire all pupils to succeed and excel in competitive sport as well as participating in fun and engaging sports activities. We provide opportunity to our pupils to become physically confident in a way which supports their health and fitness and develop a passion for sport and physical activity. Through the delivery of our PE we aim to build every child's character and help embed valuable, transferable life skills such as fairness and respect.

Knowledge Choice

The national curriculum for physical education aims to ensure that all pupils develop competence to excel in a broad range of physical activities and are physically active for sustained periods of time. Our curriculum choices allow all children to engage in competitive sports and activities and lead healthy, active lives.

St Peter's physical education curriculum consists of:

| Promoting a Healthy Lifestyle | |
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| Enable children to be engaged in physical activities for a sustained period of time and lead healthy, active lifestyles. | |
| KS1 | KS2 |
| Invasion Games Gymnastics Dance Health & Fitness OAA Net and Wall Games Athletics Striking & Fielding | Invasion Games Gymnastics Dance Health & Fitness OAA Net and Wall Games Athletics Striking & Fielding |
| Build Character | |
| To embed valuable, transferable life skills such as fairness and respect. | |

Progression in PE involves developing skills through:

- Engaging in an increasing range of different sports and activities that require a wider range, and more complex, skills
- Increasing their ability to engage in sustained physical activity
- Taking part in a wider range of competitive events

End Points

Key stage 1

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Pupils should be taught to:

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- participate in team games, developing simple tactics for attacking and defending
- perform dances using simple movement patterns.

Key stage 2

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Pupils should be taught to:

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- 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.

As an athlete leaving St Peter's, every child will:

- Have a passion for sport and physical activity
- Be physically confident and have developed a strong character
- Have built valuable transferable skills such as leadership, communication, teamwork, fairness and respect
- Have developed competence to excel in a broad range of physical activities
- Be able to be physically active for sustained periods of time
- Engage in competitive sports and activities
- Lead a healthy and active lifestyle
- Be able to assess and evaluate their own and others performances, identifying what went well and how they can improve.