



## Curriculum Intent, Implementation and Impact Statement

### Physical Education (PE)

#### Intent

At St Charles Borromeo we have designed a curriculum which we believe will prepare our children for life beyond primary school. Everything we do is underpinned by our Gospel values and ethos, with 4 key words highlighting our learning journey through school, namely:

#### **Grow, Learn, Work, Follow**

We will **grow** in our Catholic faith by praying and worshipping together.

We will work hard so that we can **learn** and be the best that we can be.

We will **work** together in our families, school, and parish, and with those both near and far, to make our world a better place for us all.

We will **follow** the example of Jesus and his teachings in all that we say and do.

Our aim is for all of our children to:

- **Grow** to be confident, inquisitive and reflective learners who take risks and persevere
- **Learn** to be respectful and tolerant children who are kind to themselves and others, so that they can be the best that they can be
- **Work** independently and collaboratively with self-discipline and resilience
- **Follow** the example of Jesus to live out our faith and values in an ever changing world

A healthy body and mind go hand in hand. At St Charles we recognise the value and importance of Physical Education (PE) as a means of staying healthy but also a means of developing co-ordination and confidence. We provide a safe and supportive environment for children to flourish in a range of different physical activities which is essential in supporting their physical, emotional, spiritual, social and moral development. In line with our school prayer and ethos, we want every child to be the 'best that they can be'.



We adhere to the aims of the national curriculum for PE to ensure that all pupils:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage with competitive sports and activities at an appropriate level
- understand the Importance of, and adopt a healthy, active life

As a means of developing confidence and a sense of belonging, all children are encouraged to represent their school at least once in competitive sport by the time they leave St Charles.

The importance of resilience, practice and good sporting behaviour helps to underpin our core values throughout the school.

## **Implementation**

P.E. is taught at St Charles as an area of learning in its own right, but where possible, links are made to other subjects. In particular links are made to PSHE and science, where children are taught about the importance of healthy living and the need for good nutrition.

There are two PE sessions per week. In addition, children are encouraged to take part in at least one extra-curricular physical activity, as well as being active at playtimes. Lessons are taught by the class teacher as well as subject specialists.

We follow the National Curriculum. The key knowledge and skills of each topic are mapped across each year group. This ensures that children develop their knowledge of games, dance and gymnastics and (from KS2) athletics and outdoor and adventurous activity progressively. The skills in these areas are also developed systematically, with the programme of study for each year group building on previous learning and preparing for subsequent years.

Swimming Usually takes place in Year 3 at Hurst Pool for the entire year, giving children the opportunity to develop their swimming skills. However, due to the pandemic, we have focused on Years 3-5 having a term each this year 2021-22 so that no child misses out.



We use the Getset4PE scheme which provides both lesson structure, content and skill development, coupled with demonstration films. Where and when possible, specialists in particular areas such as dance are deployed for special workshops, to enhance the child's experiences. We also believe in working in partnership with other schools and sports clubs, such as Surbiton Hockey club, so that children can learn from specialists and sporting role models.

All children have the opportunity to participate in PE at their own level of development, with teachers ensuring that lessons cater for individual needs. As well as securing and building on a range of skills, children develop knowledge of the basic rules of a range of games and activities. They experience positive competition and a strong focus is placed on developing good sporting attitudes. Children learn in a safe environment and have a foundation for lifelong physical activity, leaving primary school as physically active young people.

Competitive sport takes place through ERPSSA (Elmbridge and Runnymede Primary Schools Sports Association), giving as many children as possible the opportunity to take part in competitive sports. We are also part of WWHSP (Walton, Weybridge and Hersham Sports Partnership), which gives access to additional sporting opportunities.

## **Impact**

The children complete each key stage with a high proficiency in each aspect of PE. Children are aware of the link between physical activity and good mental health and understand its significance as part of a healthy lifestyle. Sports registers are taken to measure how active pupils are and the GetSet4PE allows the assessment of PE units. The school achieves well in a number of competitive sporting activities, which is impressive for a school of this size, having had successes at district, county and national level. Pupil voice is measured and demonstrates that pupils enjoy PE but also have a great deal of pride representing their school at a competitive level.