

## Holy Family RC Primary School: Physical Education

**“Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God?”**

**Corinthians 6:19**

Aim	At Holy Family we aim to inspire all children and for each child to fulfil their potential. We want the children’s experience of PE to be positive and motivating. PE enables pupils to become physically confident. This supports their health, wellbeing and fitness and provides the foundations for lifelong activity. We want them to succeed and excel in competitive sport and physical activities. We offer all children chances to compete in sport and other activities. This helps them build character and learn values such as fairness and respect. Through PE, we develop the children’s knowledge, skills and understanding. They build confidence and competence in a range of activities.
Overview	Each child receives 2 hours of PE a week. We plan their sessions to cover a broad and full range of skills and activities. Children in key stage 2 attend swimming lessons in a local pool. They learn to swim 25 metres competently and confidently in a range of strokes. Children also have the chance to be active in wide range of clubs. We teach in a way that children: have fun and experience success in sport, can join in at their own level of development, build and secure a range of skills, develop good sporting attitudes, understand basic rules, experience positive competition, learn in a safe environment. We also relate activities to children’s physical and mental wellbeing.
Implementation	Our curriculum aims to ensure that all pupils: • develop their fundamental movement skills • improve their agility, balance and coordination • lead and join in PE games with growing confidence, developing their speaking and listening skills • learn useful PE vocabulary and knowledge to help them at KS3 and beyond • enjoy fitness and understand the importance of good diet and exercise. The links to other subjects, such as mathematics, science and geography will help pupils connect their learning.
EYFS	In the Early Years Foundation Stage, children begin to improve their movement and early motor skills. Children begin to develop their agility, balance and coordination taking risks in a safe environment. They will develop their body strength, enjoyment of physical activity and begin to learn the importance of turn taking and cooperation.
KS1	Pupils develop their movement skills. They extend their agility, balance and coordination. They engage in competitive and cooperative physical activities. They begin to recognise the skills needed in specific games and activities. These include invasion games, striking and fielding, dance, gymnastics, yoga and athletics. This will link closely to their skills and knowledge that they learn in science.
KS2	Pupils continue to apply and develop a broader range of skills such as running, jumping, throwing and catching. They use these skills in competitive games and performances. They also evaluate their own and others’ work. Pupils communicate and collaborate with each other. They learn how to improve in physical activities. There are many chances for children to take part in competitions in school and against other schools and develop their sports leadership skills. We celebrate their successes.
Impact	All children receive a broad and balanced PE curriculum. Every child will access the all the key areas of the subject. Teachers plan PE with clear progression of skills and knowledge. This ensures that all children access at appropriate levels with adaptation. We also hold daily opportunities for physical activity. These include playground games at lunchtimes. The children can also take part in competitions against other local schools.