

Physical Education at St Agnes CE Primary School

At St Agnes CE Primary School we provide an engaging and inspiring curriculum that promotes our core value of 'love to learn'. Based upon the needs of our children, families and the community, our curriculum aims to equip pupils in acquiring the cultural capital needed to flourish in education and beyond. We achieve this through a knowledge based and skills led approach, rich in language and vocabulary, supported through enriching experiences which allows all of our children to 'learn do well'. Pupils will leave St Agnes well prepared for the next stage of their education – enabling them to grow into active, responsible members of society 'living well together', in modern Britain.

Why we teach PE?

At St Agnes, we believe that P.E. is an integral part of our curriculum. PE is a subject that should inspire all pupils to succeed and excel in physically demanding activities, which will help them to become more confident, resilient and furthermore support their mental well-being, health and fitness throughout their lives. Therefore, our pupils should be physically active every day, through Daily independent Physical Activity, P.E. lessons, co-ordinated lunchtime activities or extra-curricular activities. We also believe that children should have the opportunity to compete in sport and other activities with their peers and family members that build character and help to embed values such as teamwork, fairness and respect.

How we teach PE?

In **EYFS** the foundation for PE is laid through use of our environment with a focus on gross motor and fine motor skills to strengthen our bodies and promote healthy, active lifestyles.

Key Stage 1 pupils develop their fundamental skills which will provide them with building blocks to become competent and confident in a range of physical activities. Pupils will develop these skills in **three** main areas:

- locomotion (moving in a range of ways that include walking, running, jumping and dodging)
- stability (balancing)
- object control (sending, receiving and controlling an object).

Pupils will use these fundamental skills to help them participate in team games, developing simple tactics for attacking and defending. In addition to this, they will learn and perform dances using simple movement patterns.

In **Key Stage 2** the children will continue to apply and develop their fundamental skills linking them together to make actions and sequences of movement. They will use these skills to help them play a range of competitive games* applying basic principles of attacking and defending. In addition to this they will develop their flexibility, strength, technique, control and balance and will performing dances that use a range of movement. In P.E. lessons children will communicate, collaborate and compete and will be given opportunities to evaluate their performances, recognising how they can improve

What PE looks like at St Agnes?

Lessons:

are **fun, enjoyable but physically challenging**

are **inclusive** and encourage not only **physical development** but also the **mental well-being** of all pupils.

incorporate a variety of sport & **provide pathway** opportunities for all

develop pupils **socially** through **developing leadership** and **team work** skills .

Pupils:

Show **confidence, tolerance** and the **appreciation** of their own and others' strengths and weaknesses.

Show **self-discipline** and that to be successful you must work hard, **show resilience** and have the **determination** to believe that anything can be achieved.

Play fairly

teachers:

Have good **knowledge** and **understanding** and so they are confident to teach it

Provide **opportunities** for children to use PE skills in **competitive** games

their performance and

Links: National Curriculum

<https://www.gov.uk/government/publications/national-curriculum-in-england-physical-education-programmes-of-study>

Association for PE

<https://www.afpe.org.uk/>

Youth Sport Trust

<https://www.youthsporttrust.org/>

Physical education is for youngster— to help them learn about themselves, learn about their bodies, learn ways to become physically active but not necessarily to compete...

George Graham