

# St Mary Magdalene C of E Primary Physical Education Journey

## National Curriculum

### **Purpose:**

A high quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

### **Aims:**

The national curriculum for physical education aims 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 in competitive sports and activities
- lead healthy, active lives

## Links to Early Learning Goals

**Personal, Social and Emotional development-** show resilience and perseverance, think about the perspective of others, know and talk about aspects that affect their overall health

**Physical Development-** revise and refine fundamental movement skills, develop overall agility, balance, co-ordination and strength, develop small motor skills, use their core muscle strength, combine different movements with ease and fluency, confidently and fluently use apparatus, develop ball skills

**Communication and Language-** listen attentively and respond, participate in discussions, express ideas and feelings

**Understanding the world-** draw information from a simple map, describe what they see, hear and feel outside

**Expressive arts and design-** perform and try to move in time with music, move and talk about music, watch and talk about dance, develop storylines

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## Statement of intent

Our PE curriculum aims to deliver a curriculum which will maximise the development of each and every child in our school through possibilities, initiative and community. We recognise the importance of PE as it provides opportunities to develop confidence and competence, develop character and resilience, be creative and develop physically, cognitively, socially and emotionally. Through physical education we aim for our children to develop a lifelong love of physical activity and sport.

### **Through Physical Education and sport we aim to:**

- develop competence to excel in a broad range of physical activity
- engage children in competitive sports and activities
- encourage lifelong participation and a healthy active lifestyle
- enable children to develop fundamental movement skills
- encourage children to use and apply their skills in a variety of different contexts
- enable children to recognise and describe how their bodies feel during exercise and understand the importance of a healthy lifestyle
- encompass our school values and 'Standing Together Six' through our curriculum to foster a love of physical activity
- provide a sequenced, effective curriculum which provides opportunities for learning, development and understanding

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## Implementation

We use The PE Hub, a clear and comprehensive scheme of work, to plan and deliver sequences of lessons which show progression of skills from Reception to KS2 within the different strands of PE. Pupils are provided with opportunities to develop and build upon skills which will engage and inspire them, whilst building confidence. They are encouraged to try new techniques and become confident and competent in the use of specific equipment for a wide variety of games and activities. Skills, knowledge and use of specific vocabulary progresses as the children move through the school and by the time children leave they will have covered all the National Curriculum aims.

At St Mary Magdalene we want all our pupils to be physically active, healthy and lead an active lifestyle. We embed physical activity and sport throughout the day to increase the opportunities for all.

- **PE lessons:** Children have 2 PE lessons per week, as well as completing the Daily Mile on a regular basis.
- **Teaching:** Our children experience a wide range of activities arranged through teaching by teachers and quality specialist coaches.
- **Swimming:** Children in Key Stage 2 also access swimming lessons to ensure they meet the minimum requirement at the end of KS2.
- **Extra-Curricular clubs:** Children have access to a range of after school sports clubs. These are led by people voice and link closely to our curriculum. These change each term to ensure a variety of different activities are offered.
- **Walk and Talk:** Children have the opportunity to take part in an early morning Walk and Talk.
- **Sports Day:** During our Summer Term each year, we hold a Sports Day where families and carers are invited to share and celebrate the success of our children and their talents in sport. Children complete a range of activities both competitively and non-competitively.
- **Lunch time activities:** Every day during lunch, all children can take part in structured activities with the sports coaches or sports leaders.
- **Residential trips:** In Year 6, children are offered the opportunity to experience a residential to PGL. This trip encourages adventure, confidence, teamwork and independence.



Love to learn, learn to love

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## Impact

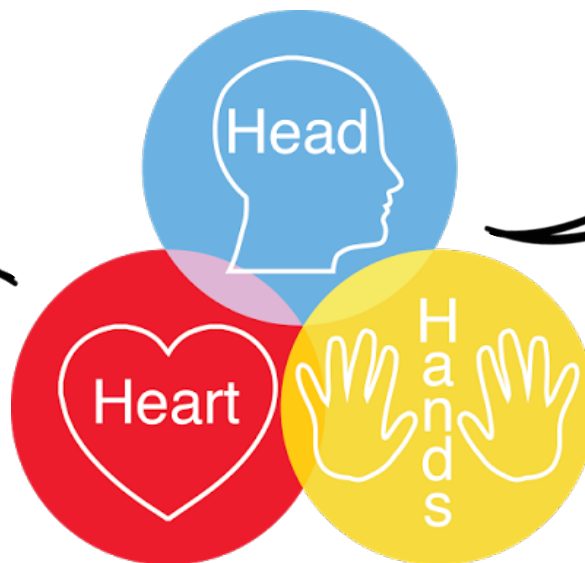
Children leave our school with a love of sport and physical activity which they take with them throughout their lives. The progressive nature of our curriculum provides opportunities to develop fundamental skills and knowledge. Through regular assessment, we are able to address areas for development and provide support to enable all children to succeed. Children are able to discuss the benefits of having a healthy lifestyle and how this is achieved, whilst also gaining an understanding of teamwork, sportsmanship, resilience, independence, creativity and self-confidence.

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Physical Education and Sport allows children to develop the skills, knowledge and understanding for the wider world in a range of different domains.

**The feeling me**

- ✓ Social and Emotional
- ✓ Involvement and engagement
- ✓ Attitude
- ✓ Character, values



**The thinking me**

- ✓ Decision maker
- ✓ Analytical – deep understanding
- ✓ Confident
- ✓ Tactician



Love  
Joy  
Wisdom

**The physical me**

- ✓ Physically competent
- ✓ Growth and development
- ✓ Physically Active
- ✓ Competitive



**Standing Together Six:** Reflective, Enthusiasm, Risk taker, Collaboration, Inquisitive and Aspiration