

St. Michael's Primary School Physical Education Vision 2021



ST MICHAEL'S
C of E PRIMARY
HIGHGATE

Vision

Our vision for P.E is all for pupils to leave St. Michael's Primary School physically literate and with the knowledge, skills, and motivation necessary to equip them for a healthy lifestyle and lifelong participation in physical activity and sport. We believe that our children's future is created every day and that every moment counts.

This is brought to life and underpinned through our mission 'to nurture and inspire our children to develop a love of learning in a supportive Christian community' and to enable pupils to 'become the best they can be'. This is further underpinned by our school's values that drive our decisions and actions: Endurance/Forgiveness/Koinonia/Creation/Friendship.

Our vision also supports the requirements of the National Curriculum for P.E.

Aims:

- 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

At the end of each key stage pupils to know, apply and understand the matters, skills and processes specified in the relevant programme of study.

Early Years

Expected: Children show good control and coordination in large and small movements. They move confidently in a range of ways, safely negotiating space. They handle equipment effectively. Children know the importance for good health of physical exercise and a healthy diet, and talk about ways to keep healthy and safe. Children play cooperatively, taking turns with others. They take account of one another's ideas about how to organise their activity.

Exceeding: Children can hop confidently and skip in time to music. Children know about and can make healthy choices in relation to healthy eating and exercise. Children play group games with rules.

KS1

Pupils should continue to develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and co-ordination, 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.

KS2

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.

Intent, implementation, and impact for Physical Education (P.E)

Intent

At St. Michael's Primary School Physical Education is an integral part of our curriculum and we strive to create a culture which aims to inspire an active generation to enjoy PE, encourage each other and achieve. 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.

We aspire for children to adopt a positive growth-mindset and believe that anything can be achieved through the application of our Christian values. At St. Michael's we offer a dynamic and varied program of activity to ensure that all children progress physically through a unique and fully inclusive PE curriculum. Our mobile curriculum aims to improve the well-being and fitness of all children, not only through the sporting skills taught, but through the underpinning values and disciplines PE promotes.

We aim to deliver high quality teaching and learning opportunities that enable all children to achieve their personal best. All children participate in competitive sport which can be against self and/or others. We encourage children to transfer the school values and promises to sporting and physical activity, ensuring that they aim to be the very best that they can be whilst demonstrating the school vision of leaving the school as physically literate and with the knowledge, skills, and having the motivation necessary to equip them for a healthy lifestyle and lifelong participation in physical activity and sport.

We aim for all children to be physically active for sustained periods of time and to be able to make informed decisions to lead healthy and active lives. Thus, embedding life-long values. Swimming is an important life skill and therefore we also aspire for all children to leave primary school having met at least the minimum requirements of the National Curriculum.

Implementation

PE at St. Michael's Primary School provides challenging and enjoyable learning through a range of sporting activities including invasion games, net & wall games, striking and fielding games, gymnastics, dance, health and fitness, outdoor and adventure and swimming. Pupils are provided with swimming sessions during KS2 followed by booster sessions for those that have not yet met the curriculum requirements.

Pupils participate in at least 2 hours of high-quality PE lessons each week, covering one or two different sports/skills focuses each half term. The GetSet4PE curriculum map and medium and long-term planning for each year group sets out the PE units which are to be taught, ensures that the requirements of the National Curriculum are fully met. The PE co-ordinator and teaching staff complete half termly assessments for each class throughout the academic year. Teachers use and adapt planning and resources to ensure lessons across the years show consistency and progression.

Outside of P.E lessons, children are encouraged to participate in the varied range of extra-curricular activities. We provide inclusive and enjoyable clubs which increases children's

physical activity. A broad range of clubs are offered to both KS1 and KS2 children. Physical activity is embedded throughout the school day through initiatives such as The Daily Mile and '5 a day'.

Active travel is encouraged, and we take part in the annual Big Pedal and Walk to School Week events. Children are encouraged to stay active at break times and can access a variety of equipment to use.

A large percentage of Year 6 children become lead P.E and Sports Ambassadors. Training for this is provided by our P.E and Sports Co-ordinator. The ambassadors develop into role models for the younger children, assisting with and organising games at break times. Two ambassadors from each class in Years 2-5 also support teachers in the delivery of P.E and sport. The school also has a sports media team to provide news on ongoing events for the school website and newsletter.

Each year, the ambassadors are integral in the delivery and organisation of the St. Michael's intra-school Super 7 competitive sporting events in the Summer Term. Children are also regularly invited to attend competitive sporting events and festivals within the local area and beyond. This is an inclusive approach which endeavours to encourage not only physical development but also mental well-being. These events also develop teamwork and leadership skills and are very much enjoyed by children. Competitive events are also encouraged at the end of each P.E unit.

Impact

At St. Michael's School, we ensure that our PE curriculum is progressive and allows children to develop fundamental skills and apply them to a variety of sports and activities. All children are provided with the necessary skills and given opportunities to demonstrate improvement to achieve their personal best. Our pupils are physically active, and this has a positive impact on their learning in the classroom. Children understand how to lead a healthy lifestyle and understand the importance of regular exercise for mind and body. We aspire for children to enjoy PE and develop a love of sport and physical activity which becomes part of their future life outside of primary school. Children represent the school and external clubs at sporting events from local to county level. Alongside this, we share sporting achievements both in and out of school in assemblies, so that we are promoting sports and activities, as well as celebrating all levels of success. We aim for all Year 6 pupils to leave school with the skills to competently swim at least 25m and have the skills to self-rescue in the water which are key life skills.

In summary, children leave St. Michael's as a 'P.E teacher'. They have the motivation, confidence, physical competence, knowledge, and understanding to value and take responsibility for engagement in physical activities for life.