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## Introduction

At St. James' we believe that the PE curriculum should provide a well-balanced PE programme for all our pupils so that they can: develop fundamental movement skills; participate in a broad range of physical activities; be physically active for sustained periods of time; engage in competitive sports and activities; and lead healthy, active lives. We deliver high-quality teaching and learning opportunities in a safe and supportive environment that inspires all our pupils to succeed in physical education and in developing life skills.

## Intent

Through our PE curriculum, we also want to teach children how to cooperate and collaborate with others as part of an effective team, understanding fairness and equity of play to embed life-long values. We aim to teach children to cope with both success and failure in competitive, individual and team-based physical activities, allowing them to explore and express their personal and spiritual identity.

Children have equal opportunities to take part in a range of sports and physical activities within a challenging and supportive environment where effort, as well as success, is recognized. Children are encouraged to participate in exercise through-out the day, during PE lessons, clubs, outdoor learning, outdoor play and competitive events.

## Implementation

PE at our school provides challenging and enjoyable learning through a range of sporting activities including; invasion games, net & wall games, strike and field games, gymnastics and dance. Children also participate in outdoor and adventurous activities throughout the year.

We use Get Set 4 PE as a basis for taught curriculum and the yearly overview sets out the sporting disciplines which are to be taught. Pupils participate in two high-quality PE lessons each week, covering two sporting disciplines every half-term.

The curriculum is further enriched with opportunities to attend after-school sports clubs run by external providers.

Children are invited to attend competitive sporting events within the local area. 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 the children.

- We follow a progressive, evolving curriculum that, with time, builds on prior learning and combines new knowledge, vocabulary and skills.
- New learning is taught explicitly using a mastery-based approach
- We ensure that, just as in other subjects, children fully engage and work hard during lessons.



## St James' First School

### PE Curriculum Overview

Reviewed December 2022

- In addition to being actively engaged, children also need plenty of chances to practice the skill being taught that day. Our quality curriculum offers many practice opportunities, sometimes alone, sometimes with a partner and sometimes during small sided games in groups.
- We aim to develop children's metacognition and self-regulation through allowing them to continually reflect on their success and areas for improvement.
- Use of a specialised coach aims to build teacher knowledge and pedagogy.

The exact knowledge, skills and vocabulary to be learnt, are set out for staff in detailed progression documents and schemes of work.

### Impact

We help motivate children to participate in a variety of sports through quality teaching that is engaging and fun. From our lessons, our children learn to take responsibility for their own health and fitness, many of whom also enjoy the success of competitive sports. We equip our children with the necessary skills and a love for sport. They will hopefully grow up to live happy and healthy lives utilising the skills and knowledge acquired through PE.

We use a variety of strategies to evaluate the knowledge, understanding and skills that our children have gained in each unit of PE:

- CPD to ensure that teacher pedagogy is secure.
- Regular verbal feedback and pupil voice feedback.
- Observation of pupil performance during lessons and/or extra-curricular activities.
- Subject monitoring from the subject leader, including discussions with children.
- Performance at sports days, inter-house and inter-school tournaments.
- Subject leader discussions with teachers, identifying children working above and below expectations.