



Physical Education at St Columba's Catholic Primary School



Intent

At St Columba's, we recognise that physical education and sports are important part of school life. 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, fitness and provides the foundations for lifelong activity.

We want the children to succeed and excel in competitive sport and physical activities. As they move through the school, they have opportunities to take part in competitive events. Our school teams compete regularly with other Catholic and North Tyneside schools. This helps them build character, develop resilience, self-esteem and learn values such as teamwork, sportsmanship, fairness, respect and honesty.

Through PE, we develop the children's knowledge, skills and understanding. They build confidence and competence in a range of activities.

Our aim is for all children, in PE, at St Columba's to:

- receive two hours of high quality PE per week
- develop their fundamental movement skills (FMS) as well as their agility, balance, coordination (ABC) and become increasingly competent and confident individually and with others
- enjoy communicating, collaborating and competing with each other
- engage in competitive (Inter and Intra) and cooperative physical activities, in a range of challenging situations
- develop an understanding of how to improve in different physical activities and sports
- develop a lifelong appreciation and understanding of the benefits of physical activity and sport
- learn how to evaluate and recognise their own success

Implementation

At St Columba's, we offer all children across school two hours of PE a week with class teachers and specialist coaches. We plan their sessions to cover a broad and full range of skills and activities. Our PE coordinator also supports the teaching of physical education and sports across the school to ensure high quality delivery.

We give all our children the opportunity to represent our school in a variety of festivals and competitions organized by the Catholic cluster family and the North Tyneside PE Team.

All children have the opportunity to receive swimming lessons during KS2. They learn to swim 25metres competently and confidently in a range of strokes.

In Year 5, we provide all our pupils with the opportunity to be involved in the Young Sports Leaders Scheme.

In Year 4, all children have the opportunity to be involved in the "WoW" Scheme which promotes active travelling across the school.

Children also have the chance to be active in a wide range of after school clubs.

Our PE curriculum at St Columba's is structured in the following way:

- to develop their fundamental movement skills (FMS)
- to improve their agility, balance and coordination (ABC)
- to lead and join 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

Impact

PE at St Columba's is planned to develop a lifelong appreciation and understanding of the benefits of physical activity and sport.

Throughout the school, we promote active travelling encouraging the children to come, into school, using bikes or scooters. We are supporting active learning during all lessons, giving our pupils the opportunity to engage in a variety of physical activities and minimise the amount of time spent being sedentary.

During the school day, the children are also involved in a variety of daily opportunities for physical activity. These include the "Active Mile" and playground games during breaks and lunchtimes.

All pupils receive a broad and balanced PE curriculum. Every child will access all the key areas of the subject. PE lessons have clear progression of skills and knowledge. This ensures that all children access it at an age appropriate level.

We are fortunate to have a large field, which can be used for PE lessons by 3 or 4 classes at the same time. In addition, we offer many extra-curricular opportunities through clubs and activities that engage and educate our pupils to develop healthy, active lifestyles.

Throughout our EYFS, KSI and KS2 curriculum, our children will:

-EYFS

In the Early Years Foundation Stage, the children begin to improve their fundamental movement skills and develop their agility, balance and coordination.

-KSI

In Key Stage 1, the children develop their fundamental movement skills. They extend their agility, balance and coordination. They engage in competitive and cooperative physical activities. These include games, dance and gymnastics.

-KS2

In Key Stage 2, the children 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 other's work.

The children communicate and collaborate with each other. They learn how to improve in physical activities. There are many chances for children to take part in Inter and Intra competitions and festivals. We celebrate their success in Celebration Assemblies and via SeeSaw.

-CROSS Curricular Links

Wherever possible, we make meaningful links to other areas of the curriculum. These links relate to children's physical and mental wellbeing.

At St Columba's our evidence is collected through:

- SeeSaw
- Displays
- Pictures & video clips
- Celebration Assemblies
- KSI & KS2 Assemblies
- Iona Star
- Discussion with pupils
- Sports Crew Voice
- After school sports clubs' registers
- Attendance to the North Tyneside & Catholic family cluster festivals and competitions
- Termly Sports Report to the governors
- "WoW" Active Travelling Scheme
- School Games Mark Award – Gold for seven consecutive years
- Healthy Schools Award – Awarded for four consecutive years