



## Aims of the Physical Education Curriculum at St Alban's Catholic Primary School

Physical Education at St Alban's Catholic Primary School aims to ensure that our pupils experience a wide breadth of study and have, by the end of each key stage, fundamental movement knowledge, the knowledge of tactics and strategy and to develop a sense of personal achievement, fair play and teamwork. We aim to develop competence to excel in a broad range of physical activities ensuring that children are physically active for sustained periods of time. St Alban's is in the highest 20% of socio-economically deprived catchments in the country and currently the 4<sup>th</sup> most deprived in Doncaster with 34.29% FSM. Importantly, we aim to provide an understanding of the ways in which sport can transcend social and cultural boundaries. At St Alban's we aim to develop pupil's communication skills, encouraging the use of correct terminology, to promote effective co-operation, with this in mind, the PE curriculum aims to develop pupils creative and expressive abilities, through problem-solving, improvisation and leadership. Pupils will be taught to appreciate the importance of a healthy and fit body and begin to understand those factors which affect health and fitness. Children will experience healthy competition as they engage in competitive sports and activities and our PE curriculum aims to encourage a lifetime love of sport which inspires all children to maintain an active and healthy lifestyle and to reach their full potential.

## Intent of the Physical Education Curriculum

### ➤ What we offer

Physical Education is an essential part of all pupils' education to encourage a healthy and active lifestyle. At St Alban's we follow the Essentials curriculum as this curriculum design ensures that our pupils are, within each milestone, progressing in their fluency and semantic strength through three cognitive domains: basic, advancing and deep. The time-scale for sustained mastery or greater depth is, therefore, two years of study. Within each year group, teachers will use the knowledge webs and POP tasks within the essential curriculum to deliver high-quality teaching that inspires all pupils to succeed and excel in competitive sport and other physical demanding activities. Within the first year of the milestone, teachers will deliver using the basic skills and within the second year of the milestone, teachers will advance and deepen those skills using the same knowledge web as the previous year.

A whole school approach is used to implement and encourage a healthy, active lifestyle and physical activity will be encouraged within every lesson. This policy aims to promote all pupils to become physically confident in a way which supports their health and fitness with opportunities made to compete in sport and other activities to build character and help to embed values such as fairness and respect.



## ➤ Transition from EYFS to Y1 and Y6 to KS3

In the Foundation Stage of the EYFS Curriculum, PE is related to the objectives set out in the Early Learning Goals matching the aim of physical development which includes how children learn about keeping themselves active and healthy and how they learn to use equipment and materials successfully and safely, successfully preparing them for KS1.

During Key stages 1 and 2, the Essentials curriculum in PE offers a progressive model based on the three milestones ensuring that by the end of KS2 all children at St Alban's have a wide breadth of physical education knowledge and are able to apply this to a range of sports. Also, our children will be confident, healthy, active, leaders preparing them for KS3.

## ➤ Inclusion and challenge for all learners in different vulnerable groups

At St Alban's we teach PE to all children, whatever their ability. All children are provided with equal access to the PE curriculum. We aim to provide suitable learning opportunities regardless of gender, ethnicity or home background. PE forms part of the school curriculum policy to provide a broad and balanced education to all children. Through our PE teaching we provide learning opportunities that enable all pupils to make progress. We do this by setting suitable learning challenges and responding to each child's different needs. Pupils on the Special Educational Needs register, including those on Health Care Plans may have specific PE related targets where a priority is appropriate.

## Implementation of the Physical Education Curriculum

- There is a weekly PE lesson in every year group in order to develop the basic, advancing or deepening skills outlined in the Essentials Curriculum and there will be a focus on the skills needed to play a variety of sports.
- PE sessions will be timetabled, to ensure that the appropriate space and equipment needed is always available.
- Children will have a choice in the equipment they use for example the size of a ball.
- We ensure that children are active for at least 30 minutes throughout the school day as recommended by the DfE and opportunities will be found within all curriculum areas, for physical activity e.g. An active 'motivate' challenge in Maths, Kung fu punctuation in English, active games or activities during topic lessons, Yoga included during the mindfulness activity and active brain breaks during lesson transitions.
- In EYFS, there will be opportunities for free-flow between outdoor and indoor areas to increase activity and reduce sedentary behaviour.
- Year 5 pupils will engage in 12 weeks of swimming lessons using the local facilities, ensuring that all children in St Alban'
- The active mile track will be used by each class, two times a week to encourage pupils to stay active. Pupils can use the timer to monitor their own progress and set their own goals and targets.



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- We ensure pupils experience a range of sporting events, team challenges and healthy competition throughout the year for example, sports day, sponsored sporting events, community lead sporting events and after school clubs.
- At playtimes and lunchtimes opportunities exist for playing co-operatively using play equipment to keep children active with support from an adult, leading and playing structured games.

At St Alban's we follow the Essentials Curriculum for PE which basic principle is that learning is a change to long-term memory. This curriculum begins at KS1, building on those key themes developed throughout EYFS where children develop their movement and handling, health and self-care skills as they progress through physical development. As the pupils progress through school, they will build on the basic skills highlighted within the curriculum and as they move into the second year of the milestone, they will deepen and advance those skills. This enables children to recall and build upon previous learning, exploring the underlying principles of physical education regularly at a depth that is appropriate for the age and stage of the child.

The Lessons signpost key words and questions, building a rich vocabulary to develop understanding. The essentials curriculum is designed for delivery in a practical manner, using many approaches such as individual skill, discussion, games in groupings of various sizes. Because the essentials curriculum is based on long-term memory, it is impossible to see impact in the short term. However, we use probabilistic assessment based on deliberate practice. This means that we look at the practices taking place to determine whether they are appropriate, related to our goals and likely to produce results in the long run. Teacher judgement will be used to assess pupils and we will use lesson observations to see if the teaching style matches the depth expectations. All learning will be practical and video evidence can be collated on the teacher server to allow teachers to monitor progress throughout the milestone. Each child's learning will be assessed against a checklist found in their 'Essential Learning Book'.

Assessment against the National Curriculum allows us to consider each child's attainment and progress against expected attainment outcomes. When pupils are working below the expected outcome within PE, differentiated activities including for example, consideration of the equipment used are introduced so that we can take some additional or different action to enable the child to learn more effectively. This ensures that our teaching is matched to the children's needs.

## Impact of our Physical Education Curriculum

The PE Curriculum at St Alban's will have a direct impact on pupil's active lifestyles. Children will develop the knowledge, vocabulary and confidence needed to become successful sports leaders. The curriculum will ensure that pupils develop detailed knowledge and skills across the full breadth of the PE curriculum through engaging and age-appropriate curriculum content. The high quality and consistent approach to PE teaching, and the essential model of repetition as pupils move through school should significantly improve attainment in knowledge and skills in PE. Evidence suggests that successful PE education also helps disadvantaged and vulnerable children achieve to a greater extent by raising aspirations, providing hobbies and empowering



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them with skills to overcome barriers they face. The impact of the whole school, cross curricular approach will increase the profile of sport, PE and physical activity across school and will have a positive impact on the whole child, including their academic development and progress by building confidence and self-esteem.

Review Date: September 2023

## Appendices

Appendix 1: List of curriculum documents and online resources used

Appendix 2: Planning format used with example

Appendix 3: List of resources available in school to support teaching and learning