



Subject: Physical Education

Rationale

At St Vincent de Paul we are athletes! We want our children to love physical education and sport. We want them to have no limits to what their ambitions are and grow up wanting to be personal trainers, nutritionists, sports journalists or gold medal winners. The P.E. curriculum has been carefully crafted so that our children develop their sporting capital. We want our children to remember their P.E. lessons in our school, to cherish these memories and embrace the opportunities they are presented with! We also want to teach children how to cooperate and collaborate with others as part of an effective team, understanding fairness and equality of play to embed life-long values. Our 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 P.E. promotes. Bringing P.E. alive is important at St Vincent de Paul Catholic Primary School, which is why we adhere to the maxim that 'a Healthy Body equates to a Healthy Mind'. With this in mind we strive to ensure that our children have the opportunity to be physically active from the moment they arrive at school.

Characteristics of Well-rounded Athletes (Curriculum Aims)

Physical Education subject specific characteristics, which we expect the children to be able to demonstrate:

- The ability to acquire new knowledge and skills exceptionally well and develop an in-depth understanding of P.E.
- The willingness to practise skills in a wide range of different activities and situations, alone, in small groups and in teams and to apply these skills in chosen activities to achieve exceptionally high levels of performance
- A healthy lifestyle, including adopting a healthy diet, positive lifestyle choices and exercising regularly
- The ability to remain physically active for sustained periods of time and an understanding of the importance of this in promoting long-term health and well-being
- The ability to take the initiative and become excellent young leaders, organising and officiating, and evaluating what needs to be done to improve, and motivating and instilling excellent sporting attitudes in others
- Exceptional levels of originality, imagination and creativity in their techniques, tactics and choreography, knowledge of how to improve their own and others' performance and the ability to work independently for extended periods of time without the need of guidance or support
- A keen interest in P.E.; a willingness to participate eagerly in every lesson, highly positive attitudes and the ability to make informed choices about engaging fully in extra-curricular sport
- The ability to swim at least 25 metres before the end of Year 6 and knowledge of how to remain safe in and around water

Curriculum Intent

The P.E. curriculum promotes curiosity and a love and thirst for learning. It is ambitious and empowers our children to become independent and resilient – like all curriculum areas. We want to equip them with not only the minimum statutory requirements of the P.E. National Curriculum but to prepare them for the opportunities, responsibilities and experiences of later life. To further demonstrate our commitment to providing broader experiences of a range of sports and activities, we have recently offered extra-curricular judo, Gaelic football and distance running events – something we have never offered in our school before. The children were fascinated by the specialist assemblies we provided to introduce them to these disciplines. We want our children to use the vibrancy of our great city, to learn from other cultures, respect diversity, co-operate with one another and appreciate what they have. We achieve this by providing a strong SMSC curriculum, with British Values and our core values placed at the heart of everything we do. This often feeds into the P.E. curriculum. For example, we utilised our links with both Everton and Liverpool's community programmes earlier this year to explore issues relating to key health and social issues such as; physical activity, exercise, mental health and well-being that impacts daily on children's lives. We enrich their time in our school with memorable, unforgettable experiences and provide opportunities, which are normally out of reach – this piques their interests and passions.

Curriculum Implementation

In July 2019, a complete audit of the P.E. curriculum was conducted, resulting in some major changes. The teaching of P.E. has now been brought 'in house', utilising the expertise of a full time member of staff. Also, on the back of the findings from this audit, the P.E. curriculum has been carefully built and the learning opportunities and assessment milestones for each year group crafted to ensure progression and repetition in terms of embedding key learning, knowledge and skills. For example, we focus our teaching on six main strands of physical education; dance, invasion games, gymnastics, striking and fielding games, athletics and net and wall games. These are revisited year on year where pupils progressively build their skills and knowledge. At St Vincent de Paul, we endeavour to improve our children's fitness levels and regularly discuss the impact this has on physical and mental health with the children. For these reasons, we start each P.E. lesson with a high intensity circuit training warm up or equivalent. We also promote meaningful physical activity engagement beyond the curriculum by offering breakfast club, playtime and afterschool sessions with the support of our Year Five and Year Six sports leaders. In addition to this, it is our proud boast that every child at St Vincent de Paul, from Nursery to Year Six, has the opportunity to develop their swimming skills every year. Visits are made twice weekly to Park Road Leisure Centre, where children receive coaching from Lifestyles Swimming Coaches. This is supplemented at the end of each school year by access to the 'top up swimming programme' for Year Six children.

Curriculum Impact

At St Vincent de Paul, 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 encourage our children to enjoy and value the curriculum we deliver and equip them with the necessary skills and a love for sport. We will constantly ask the 'WHY?' behind their learning and not just the 'HOW?' We want learners to discuss, reflect and appreciate the impact physical education has on their learning, development and well-being. We encourage regular discussions between staff and pupils to best embed and understand this. They will hopefully grow up to live happy and healthy lives utilising the skills and knowledge acquired through P.E. We look for evidence through reviewing pupils' knowledge and skill development digitally, through the use of iPad recordings and tools such as Seesaw. We also utilise lesson observations/learning walks and pupil voice surveys/interviews. Progress of our physical education curriculum is demonstrated through our whole school 'Balance' assessment system, outcomes and the record of coverage in the process of achieving these outcomes.