



St Lawrence C of E (Aided) Junior School Curriculum Statement

Physical Education



Intent:

Why do we teach it? Why do we teach it in this way?

At St Lawrence, we aim for all children to be physically active young people, who are developing a range of sporting techniques and becoming enthusiastic, resilient and supportive young athletes. We aim for all our children to be able to make healthy choices about their bodies and promote this through providing opportunities for children to grow and develop in a fun, varied and engaging way. As a school, we value sport and games lessons and we encourage children to participate in clubs outside of PE lessons - in and out of school. We have a high regard for sportsmanship and commitment and recognise that they are attributes that will impact other areas of a child's life now and in the future.

Implementation:

How do we teach it? What does this look like?

Our children receive two hours of dedicated curriculum time to Physical Education using both the indoor and outdoor facilities we have here at St Lawrence. We have a multi-use gaming area (MUGA), playground and large field where children are able to experience a range of sport and we also use a large hall with gymnastic apparatus where children are taught other physically creative and challenging activities such as dance and gymnastics. Throughout their time here they are taught various skills which are progressively built upon, for example: In Year 3 football, children are taught to dribble, pass, receive and shoot the ball before learning the skills of being an attacker and defender. In collaboration with a PE specialist teacher, class teachers ensure that children develop skills in a progressive way, supporting those children who need extra help or guidance and challenging those who may excel in a particular sport or physical activity.

In Years 4 and 5, children receive ten sessions of swimming at the local swimming pool ensuring they are able to swim the required 25 meters by the end of the Key Stage.

The element of competition is introduced into modified, competitive games, such as tag rugby, football, netball, hockey, rounders, cricket and basketball. Regardless of any child's sporting background, we aim to provide them with fun and physically challenging lessons in a safe, stimulating environment. We encourage opportunities for trial and improvement and encourage children to develop an awareness of 'personal best' and how to improve. We collaborate with other local schools and take part in leagues, sporting events and friendly matches to continue to promote physical activity. Throughout the year, we also hold inter-house competitions and all children take part in a Whole School Sports Day.

Throughout the PE curriculum children are also taught the additional skills of communication, courage, perseverance, leadership, sportsmanship and respect along with many others. We encourage children



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to develop an awareness of the importance of a healthy mind and a healthy body.

In addition to our PE curriculum we have a range of clubs before and after school. Clubs are delivered by both school staff and external coaches to ensure children are provided with an opportunity to further develop their skills and abilities. Where needed Pupil premium funding is used to support children accessing these clubs.

Our children use playground equipment, including basketball hoops, table tennis tables and an activity cube, at break times and lunch times to encourage active play with their peers.

Impact:

By the time children leave St Lawrence they will:

- Be physically active and fit young people.
- Enjoy PE lessons and be proud of what they have achieved.
- Have a good knowledge of their body and what happens to their body when they exercise-building on their science knowledge.
- Have chances to build on knowledge in other subjects, for example counting for maths and speaking and listening skills for English.
- Swim competently, confidently and proficiently over a distance of at least 25 metres.
- Use running, jumping, throwing and catching in isolation and in combination.
- Play competitive games, modified where appropriate, and apply basic principles for attacking and defending.
- Develop flexibility, strength, technique, control and balance.
- Perform dances using a range of movements patterns.
- Take part in outdoor adventurous activity challenges both individually and within a team.
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.
- Will recognise the importance of a healthy and active lifestyle and take ownership for this.