



Here at St Paul's CE Primary School, we are proud to provide excellent care and outstanding education for children from three to eleven years old in our unique, picturesque setting. Our Christian vision is at the heart of all we do, and we endeavour to provide a personalised curriculum to each child.

Our small class sizes allow us to give each child a high level of support and guidance. We take care to ensure that we know every child's starting points and we adapt our teaching to meet their needs, meaning every pupil is experiencing challenge and success.

Our PE curriculum is mapped out to ensure breadth and depth of PE skills, knowledge and applications for the class sizes and we have worked hard to tailor the curriculum, so it is bespoke to our children, supports them developing fundamental movement skills and showing good sportsmanship, developing an awareness of what being healthy means. Our PE sessions are carefully designed to ensure that the children are given the opportunity to master skill, whilst ensuring that they can participate in competitive, meaningful sporting activity.

It also enables them to make good decisions to develop teamwork skills and unpack future health and wellbeing, providing opportunities for them to learn about the past, how things have changed and how it relates to the world they live in today. It also allows them to experience enjoyment and success in playing competitive sport.

## Our PE Curriculum

“Physical fitness is not only one of the most important keys to a healthy body, it is the basis of a dynamic and creative intellectual activity.” – John. F. Kennedy.

At St. Paul’s, we are very aware of the importance of physical wellbeing and see Physical Education as a key component of primary education. We believe that a high-quality physical education is a vital part of a broad and balanced curriculum which inspires all children to succeed and excel in competitive sport and other physically demanding activities. Through the delivery of a range of sports and wellbeing exercises, we enable the children to explore their capabilities and develop resilience, as well as provide opportunities for children to become physically confident in a way which supports their health and fitness.

### Intent

We believe that physical education and sport should develop pupils into physically confident, skilful and healthy individuals. Therefore, we aim to provide high-quality physical education that inspires all children to succeed, be confident to participate in sport and understand the importance of their health and fitness. Through a broad and balanced P.E curriculum, specifically designed to support the needs of our pupils, children at St. Paul’s are able to develop a love of learning new skills and knowledge and are physically active for a sustained period of time. Teachers ensure that reasonable adjustments are made so that all children in school with SEND can access our high-quality curriculum offer.

At St. Paul’s, we are guided by, and statutorily bound to deliver the National Curriculum 2014 for P.E. The national curriculum for physical education aims to ensure that all children:

- Develop competence to excel in a broad range of physical activities
- Are physically active for sustained periods of time
- Engage in competitive sports and activities
- Lead healthy, active lives

By the end of each key stage, children are expected to know, apply and understand the matters, skills and processes specified in the relevant programme of study.

We also aim to provide all children with opportunities to represent St. Paul’s in extra-curricular activities, promoting healthy competition and enabling them to build values such as teamwork, fairness and respect. These align with the core values of our school- Respect, Service and Aspiration – and enables children to demonstrate these within the context of PE, developing them into respectful, resilient sports people who set themselves aspirational challenges.

## Implementation

At St. Paul's, children receive two hours of high-quality PE each week, taught by our Sports Coach, Mr. Aspinall. Due to our small cohort size, PE is delivered to pupils in Key Stage groups (Year 1/2 and Year 3/4 and 6.) Lessons are delivered in line with the National Curriculum expectations and are carefully planned to ensure skill progression and a balance of activities as children advance through the school. Different skills are recapped throughout and across the years, each time they are being built upon: allowing children to know more and remember more. Children are also given the opportunity to practice skills in a variety of ways and each lesson builds upon the previous skills, allowing the children time to embed them.

At St. Paul's, we also subscribe to the Amaven Healthy Schools Software. This supports the planning of activities and also contributes to a more active curriculum by providing ideas such as 'Movement of the Day,' 'Dance Activities,' 'Mini Yo' and Wellbeing sessions. The Amaven Healthy Schools Software also encourages children to be active at home, providing parents and children with their own login details so they can access Physical Literacy Home Activities.

During PE lessons at St. Paul's, we provide our pupils with the opportunity to become physically confident in a way which supports their health and fitness. They are given the opportunity to develop fundamental skills and apply them when engaging in competitive activities. Our curriculum encourages children to develop competences to excel in a broad range of physical activities across dance, gymnastics and games. Children in Key Stage 2, receive swimming lessons that provide them with the best opportunity to meet the swimming requirements where they learn, practice and apply the skills needed.

Well-resourced and well-maintained equipment ensures every child has access to what they need to develop skills in each lesson. Equipment to facilitate new sports, such as lacrosse, boccia and curling. This equipment is added to each year to ensure the children experience a range of activities, within the PE curriculum, during after school clubs and during competitive competition.

Competition is an important part of PE and sport at St. Paul's. Membership to The Sandstone Partnership provide regular opportunities for our children to attend sporting competitions throughout the year, including Athletics, Tennis and Cricket. Inter-school competitions within the local cluster and Chester Diocesan Academies Trust also provide children with opportunities to compete in new sports, such as boccia and encourages those who may not enjoy typical sports to participate and be physically active.

At St. Paul's, we believe that there is a distinct relationship between participation in physical activity and positive mental health and well-being. Through the delivery of the Mini Medics Mental Health programme, pupils across the school are provided with a basic understanding of mental health, including what mental health means, how it is linked to physical health, what to do if they have a worry and the various ways in which they can look after their mental health. They are also given tools and coping strategies. Children in Year 6 are taught to be Mental Health Champions as part of their Mini Medics lessons. This ensures that they are equipped to support the mental health and well-being of younger children in the school, and are aware of how physical activity can be used as a tool to promote positive mental health and well-being of both themselves and others. This develops leadership skills in our older pupils and aids the fitness, mental health and well-being of our younger pupils.

## Impact

The impact of our vision for PE, our curriculum and how it is implemented will ensure that children –

- Develop a positive attitude towards PE and sport across the school.
- Transfer values from the PE curriculum to their behaviour in other areas of the curriculum.
- Collaborate with their peers, developing them into respectful and resilient sportspeople who set themselves aspirational challenges.
- Develop an understanding of mental health and well-being and are taught strategies to look after their own mental health and well-being and that of those around them.
- Have the opportunity to participate in PE at their own level of development and are challenged appropriately.
- Secure and build on a range of skills.
- Develop good sporting attitudes.
- Understand basic rules.
- Experience positive competition.
- Have a foundation for lifelong physical activity, leaving St. Paul's as physically literate, motivated and have a good all round well-being.
- Experience success in sport.
- Understand strengths and areas to improve.
- To take ownership of their own learning through the Amaven Healthy Schools Software.

The Amaven Healthy Schools Software also provides each child, each class and the school with an overall impact score, allowing us to clearly measure and display this impact.

## Assessment

At St. Paul's, we believe in tracking the development of our children in PE with the same diligence as we would with any other subject, this allows our assessment to inform our planning, ensuring that each PE lesson is designed to meet the needs of individual children.

### **Half Termly Formative Assessment:**

Each half term, we review the learning and performance of the children during PE lessons. Reviewing how the children have performed against key Learning Objectives and success criteria that is outlined in our **Progression of Skills Documents**. Children are assessed based on teacher observations and are categorised as either, Emerging, Expected or Excelling.

Children that are classed as Emerging will receive extra support through interventions or specific support from Teaching Assistants during PE lessons.

All children are encouraged to improve throughout the year and strengths and areas to develop are discussed with the children, often allowing them to lead the conversation so that we can gather their thoughts.

**Amaven Termly Assessment:**

Each term, we conduct a challenge activity using the following challenges.

**EYFS:**

- 5:10:5 Agility Run
- Standing Broad Jump
- Bounce and Catch

**KS1:**

- 5:10:5 Agility Run
- Standing Broad Jump
- Throw and Catch

**KS2:**

- 5:10:5 Agility Run
- Standing Broad Jump
- Throw and Catch
- Left leg Hop Strength Challenge
- Right leg Hop Strength Challenge
- Sit and Reach Flexibility Challenge

These challenges are taken as the map across the curriculum requirements and allow the teachers to measure development throughout the time that children are at St Pauls, but also give clear indication to our children about their strengths and areas to develop. This assessments allow us to inform planning for the term and allow children to take ownership of their learning.