Physical Education at Holy Name

PE Curriculum Rationale

At Holy Name we are determined that every child will be physically active. We want our children to love PE and excel a range of physical activities in PE lessons and school sport. We want them to be confident and enjoy sustained physical activity. We want our children to be physically competent and to have the motivation to want to compete and succeed in many areas to lead healthy, active lives. We want them to embody our core values.

We all believe that all of our children are STARS with the potential to shine. The Physical Education curriculum has been carefully crafted so that our children develop their Physical Education capital. We want our children to remember their PE lessons in our school, to cherish these memories and embrace the PE opportunities they are presented with! Bringing Physical Education alive is important at Holy Name Catholic Primary School.

Physical Education is taught throughout the Foundation Stage, Key Stage One and Key Stage Two. As a result of the changes to the curriculum as a whole, since the introduction of the new National Curriculum in 2014, Holy Name has adapted the content and teaching of Physical Education at our school. The implementation of this policy is the responsibility of all teaching staff.

Curriculum Intent

To provide opportunities for children in the Foundation Stage to achieve their physical development goals and fundamental movement skills. This will prepare them for the areas that they will cover in Key Stage One.

To provide all children in Key Stage One and Key Stage Two with the opportunity to participate in Physical Education each week. It is a practical subject, which gives all children, of every age and each gender, the chance of enjoyment and success through participation.

To promote physical activity and healthy lifestyles, to develop positive attitudes including fair play, being part of a team and coping with both success and limitations in performance.

Physical Education promotes personal, social, intellectual and physical skills, competence and personal fitness and at this school it attempts to foster co-operation, tolerance and self-esteem. Holy Name aims to promote enjoyment in the undertaking of exercise for all children that will, hopefully be continued into adulthood.

Curriculum Implementation

Physical Development in the EYFS

Physical activity is vital in children's all-round development, enabling them to pursue happy, healthy and active lives. Gross and fine motor experiences develop incrementally throughout early childhood, starting with sensory explorations and the development of a child's strength, co-ordination and positional awareness

By the end of Reception children at the expected level of development will:

- Negotiate space and obstacles safely, with consideration for themselves and others.
- Demonstrate strength, balance and coordination when playing.
- Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.

Physical Education in Key Stage One

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.
Pupils should be taught to:

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- participate in team games, developing simple tactics for attacking and defending
- perform dances using simple movement patterns.

The aims are taught through different areas of activity, which are taught in Key Stage One. These areas are:

Dance
Gymnastics
Fundamental Skills/ Games
Athletics

Physical Education in Key Stage Two

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.
Pupils should be taught to:

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- perform dances using a range of movement patterns
- take part in outdoor and adventurous activity challenges both individually and within a team
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.

The Programme of Study at Key Stage Two details the areas of activity that are taught throughout the year. These areas are:

Dance
Gymnastics
Invasion Games
Net and Wall Games
Striking and Fielding
Athletics
Outdoor and Adventure
Swimming

Swimming and water safety

All schools must provide swimming instruction either in key stage 1 or key stage 2.

In particular, pupils should be taught to:

- swim competently, confidently and proficiently over a distance of at least 25 metres
- use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
- perform safe self-rescue in different water-based situations.

Each child in Key Stage 2 will have at least one term's worth of swimming lessons before they leave Key Stage 2 and those who cannot swim 25m Year 6 will attend 'top-up' sessions to try to reach that standard.

Children will have the opportunity to undertake continued practice and development of **fundamental skills to develop the competence to excel**. Careful curriculum planning ensures all pupils are able to spend **sustained periods of time engaged in physical activity**. Children have the **opportunity to engage in competitive sports and activities** through well planned curriculum sessions, lunchtime games, after school clubs and competitions organised by Liverpool Schools Sports Partnership (LSSP). As a result children will be able to foster the development of a healthy and active life.

Curriculum Impact

We use formative and summative assessment in PE at Holy Name. During each unit of work, the class teacher will assess pupils to understand if they have met the required learning outcomes.

All extra curriculum opportunities (after school clubs, competitions, whole school events) will be monitored for the breath of the offer and opportunity for all groups of pupils.