



ST ANTONY'S CATHOLIC PRIMARY SCHOOL
PE CURRICULUM INTENT



Physical Education Intent

At St Antony's we aim to nurture and develop children's love of sport. We nurture and promote self-esteem through a high standard of Physical Education lessons. Through PE, we teach all our children self-belief and resilience. They are taught to **'win with pride and lose with grace'** as this teaches them to cope with both success and failure in competitive, individual and team based physical activities and by extension to better contend with the challenges that life will inevitably present them with no matter what their ability levels: Able, More Able, SEND or High Needs. PE also teach our children the **British Values of fairness and fair play** this is directly linked to the development of **Sportsmanship** which underpins the precepts taught in RE for all to **'Do To Others As They Would Want Others To Do To Them.'**

Through PE we want all children to develop and improve their fundamental physical skills needed to advance in all physical activity such as gymnastics, dance, athletics, strength training and invasion games. Our children will learn how to enter into competition against either themselves (self-evaluation) or other children with the right and positive mindset, understand the importance of an active and healthy lifestyle and why making healthy lifestyle choices is important for their health and wellbeing. Through PE they will also learn basic and more advanced swimming and, basic survival skills in water and life skills such as team work, independence and leadership.

Implementation

Each child in all classes from EYFS to Year 6 receives 60 minutes of structured and planned P.E lessons on a weekly basis, which is mapped out to ensure that a broad range of skills and activities are delivered to all children across the school. These lessons are taught by the P.E Lead and Specialist Coaches. Our children also enjoy 60 minutes of play time which includes a Mid- Morning Break and a Lunch Break where they engage in a wide range of physical activities of their own choosing and organization in which they use and apply the skills they are taught in their formal lessons. Here they are able to plan, lead and organize their own physical activities which includes ball skills in football, basketball, hand ball and hot potato. They also engage in racket and ball games, skipping, jumping, climbing and balancing games which in cooperates hand/eye, special awareness, directionality, agility, strength and core skills.



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In addition to our PE Offer our curriculum also includes children being given the opportunities to access extra- curricular physical activities for another hour, five days per week through a wide range of sporting clubs and inter/intra house and school competitions inclusive of the regular PE offer but also Cheerleading, Karate, Multi-Sports and Athletics. In doing so children are able to socialize, build their confidences and competence in themselves and peers to further develop and sharpen skills that are transferable from competitive sport to their work in other subject areas such as, thinking, problem solving, negotiating, taking turns, encouraging others, planning, leading and organizing as well as peer teaching and evaluation. Through PE they develop resilience and determination which are skills for life. Children in Year 3, 4, 5 attend swimming lessons at the Atherton Leisure Centre, where they are taught how to swim competently, confidently and fluently over a distance of 25m using a range of different stroke techniques. We also provide small targeted, supported small group/individual interventions for our High Needs SEND children specifically to aid with improving their concentration levels, socializing skills and their communication which helps them with better interaction overall.

Impact

Our PE offer is broad and balanced and is valued by our children as the take up for clubs is very high and the level of engagement in PE is outstanding. All our children leave school loving sports and physical activity both in and out of school, with the hope that this will continue into their Secondary and Tertiary education and their foreseeable future. We inspire our children to believe and dream of what might be deemed the unthinkable and it is for this reason that we have had both girls and boys from our school scouted for professional teams such as: West Ham, Arsenal, Tottenham, Queens Park Rangers. Our aim is to embed key values such as fairness and respect and help the children to build character, whereby they become competent positive and productive members of society. They also learn how what they learn in PE links to the living of our faith each day.

As well as regular taught lessons, our children have the opportunity to take part in competitions throughout the school year against other local schools. We embrace daily opportunities for physical activity such as The Daily Mile and playground games at lunchtimes instilling the idea that PE does not stop at the school gate.