



PE Curriculum Intent

Intent:

PE at Saint Mary's Catholic Voluntary Academy aims to provide children with the opportunities to develop and understand the importance of their health and fitness through a broad range of physical activities. We as a school aim to engage the children with competitive sports and activities within the wider community, which leads to a development of problem-solving skills; mental, emotional, social and physical wellbeing and embed respect and fairness for others taking part. Furthermore, by enabling the children to be physically active for sustained periods of time, the children understand the importance of resilience and how they can use this to improve in areas they once found difficult. As a result of this, the children apply a hard-working and cooperative attitude towards PE and the wider curriculum.

Implementation:

The PE curriculum at Saint Mary's has been created to provide our students with fantastic opportunities to take part in balanced and engaging lessons. These lessons are delivered by, professional coaches and experienced teaching staff twice a week. In addition to this, the children in Key Stage Two take part in weekly swimming lessons, which are rotated, termly, between Class 3 and Class 4. This provision of high-quality teaching enables our children to develop the confidence, tolerance and the appreciation of their own and others' strengths and weaknesses. During and after school, the children have opportunities to take part in a range of extra-curricular activities and competitions. This is an inclusive approach as it gives all of our children of varying abilities and backgrounds the chances to take part in sports that they may never encounter elsewhere. Thus, providing them with the skills and opportunities for physical development and well-being. In addition to this, physical activity is encouraged throughout the school day and across different curriculums. It is the aim that children are given at least thirty minutes of exercise per day. This is incorporated through a variety of aspects such as: brain breaks, which utilise Go Noodle and yoga; morning running for KS1 and KS2; bike ability and maths warm up games. Our lessons are designed to encourage children to evaluate and adapt their learning. This approach gives them chances to tailor the sessions to best suit their needs. The children can provide support and feedback to their peers, allowing them to draw on the experience of those around them: bringing cognitive and social elements to their learning. Ultimately, our school hopes that the lessons we deliver provide children with the opportunities to practice key skills and develop a mastery within PE, as the children understand how these actions can be incorporated into a variety of sports.





Impact:

Our PE curriculum is high quality, engaging, creative and planned to ensure excellent progress is made by all children. By providing this, we are giving them fantastic opportunities to experience new things; enhance the skills of problem solving; build mental, emotional, social and physical wellbeing and develop a greater understanding of respect for themselves and others. Ultimately, the foundations that we build for our children will prepare them for future development within the curriculum and the love for sport outside of school. It is the hope that our children will leave Saint Mary's CVA with a love for physical activities and continue to develop their own interests and abilities to find a sport they are passionate about and enjoy for many years to come.



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