

'God Shines within our hearts.
Jesus walks by our side.
The Holy Spirit gives us strength.'

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.

It is with the intention that Planning in PE will build on a range of composites that support a skill-based curriculum. This will develop a progression of skills and knowledge through a variety of activities and exposures to different sports.

Furthermore, we aim to enable the children to be physically active for sustained periods of time within the day. By doing so, we believe the children should recognize the importance of resilience and how they can use this to improve in areas they once found difficult. Ultimately, resulting in the children's application of a hard-working and cooperative attitude towards PE and the wider curriculum.

In addition to this, we aim to incorporate physical activities across a range of curriculum areas: planning sessions that can be actively fun and engaging for all pupils. It is our intention that the children can partake in sporting activities at any part of the day and across a range of different subjects.

Through the increased participation in local and trust run events we intend to develop the school's profile within our local community and celebrate our successes.

Also, we aim to provide training and support for staff in school to ensure that their subject knowledge and confidence in delivering our PE curriculum is fully developed.

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. Professional coaches and experienced teaching staff deliver these lessons twice a week using the Get Set 4 PE scheme. 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.

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.

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 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. The PE lead and Level 5 specialist plan and review the selection of competitive sport and festival events that we attend. This is informed by our curriculum map. By doing so, we identify the best opportunities for all children to participate in a competition or festival. All year 5 and 6 children took part in at least one competitive event with 90% of all students in school taking part in a festival event or competition throughout the year.

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 utilize Go Noodle and yoga; morning running for KS1 and KS2; bike ability and maths warm up games. This is also supported through themed days: Commonwealth games themed sports day, water safety day - driving swimming safety and water safety, walk to school week and wellbeing walks. Furthermore, our Level 5 coach runs lunch time clubs working with FSM and SEND pupils, these are 30-minute sessions twice per week providing an inclusive and engaging session.

Recently, we have trained sports leaders in year 5 to inspire all pupils to lead healthy active lifestyles, become involved in the planning and running of intra-school competitions and support physical activities during lunchtimes.

To encourage a continued development of physical health and SMSC within school we have adopted resources and activities from the Get Set 4 PE website and incorporated them within Breakfast and Wrap Around club.

Also, it is a priority for school to ensure that staff have the skills, knowledge, and confidence to deliver high quality PE sessions in school. Through staff feedback and data collected from staff questionnaires we identified areas of development and provided appropriate CPD for staff, delivered by UK Sports Coaching.

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.

There has been an increased participation of pupils who are not actively engaged in other sports outside school since all children took part in an inter-school competition or festival. This was also supported by the uptake of sports by Pupil Premium children which has been tracked by sports coach.

As a result of head, heart and hands being used in lessons, children are given opportunities to recognize SMSC goals and there has been an increase in emotional resilience and self-determination which has a positive impact on confidence and communication. Furthermore, this allows the children to consider the knowledge of skills they have learnt in previous sessions and extend this knowledge to other sports that share similar concepts.

Due to the PE curriculum we provide, the school has been extremely competitive in local area sports and teams have recently won netball, basketball and football competitions – to the extent of winning the



**St Ralph
Sherwin**
Catholic Multi Academy Trust

Derbyshire schools final in basketball and High Peak netball final.

Our Sports Leaders initiative in school has driven the success of PE in school, our leaders are proactive in the development of intra-school competitions and events throughout the school year. Recently the Sports Leaders planned a Commonwealth Games Day to replace sports day at the end of the academic year and to celebrate the Commonwealth Games in Birmingham.

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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St. Mary's Catholic Voluntary Academy
Longlands Road, New Mills, High Peak, SK223BL
info@st-marys-pri.derbyshire.sch.uk
Company Number 7937154



**St Ralph
Sherwin**
Catholic Multi Academy Trust