

Intent

At St. Edward's Catholic Primary School, our Physical Education curriculum places children at the heart of all that we do, rooted firmly in our Catholic faith and inspired by the principles of Catholic Social Teaching. We believe that Physical Education, experienced within a safe, inclusive and supportive environment, is essential in promoting children's physical, social, emotional and mental wellbeing.

We are committed to providing a broad, balanced and ambitious curriculum that enables all children to thrive, regardless of their starting point, background or need. Through high-quality teaching and enriching experiences, we develop physically literate, confident and reflective learners who enjoy participating in physical activity and sport.

Our curriculum is carefully designed to:

- Develop children's competence across a broad range of physical activities and sports.
- Promote healthy, active lifestyles and a lifelong appreciation of physical activity.
- Ensure children gain the knowledge, skills and cultural capital needed to succeed in their next stage of education and future life.
- Develop resilience, determination, independence and confidence.
- Teach children how to cooperate, collaborate and compete fairly whilst demonstrating respect, compassion and sportsmanship.
- Embed Gospel values and the principles of fairness, equity and teamwork.
- Equip children with essential life skills, including learning how to keep themselves safe through water safety and swimming.
- Nurture well-rounded individuals who make informed choices about their physical and mental wellbeing.

Our carefully sequenced curriculum develops fundamental movement skills, physical competence and tactical understanding progressively across each key stage, enabling children to become increasingly successful participants in physical activity and sport. Pupil voice is central to our approach, ensuring children feel heard, valued and able to help shape sporting opportunities within our school community.

Implementation

Our Physical Education curriculum is implemented through high-quality teaching, underpinned by clear structure, consistency and high expectations across the school.

- Pupils participate in two high-quality PE lessons each week, experiencing a broad range of activities including invasion games, net and wall games, striking and fielding games, gymnastics, dance, athletics, outdoor adventurous activities and swimming.
- Learning is carefully sequenced through a progressive long-term plan that ensures full coverage of the National Curriculum and enables children to build knowledge, skills and understanding over time.
- Teachers use high-quality planning and assessment to ensure lessons are purposeful, engaging and appropriately challenging for all learners.
- Formative assessment informs responsive teaching, allowing misconceptions to be addressed and progress to be supported effectively.
- Lessons are adapted to ensure access, challenge and success for every child.
- Physical literacy is a key focus, enabling children to acquire, apply and refine skills whilst developing confidence, resilience and enjoyment.

Our wider curriculum is a significant strength and enriches learning beyond the classroom through:

- A wide range of extra-curricular opportunities, including sports clubs, competitions, festivals and sporting events.
- Participation in competitive and inclusive events through partnerships such as Bishop Challoner School Games and the Kings Norton Consortium.
- Opportunities for pupils to represent the school in activities including football, gymnastics, swimming, basketball, dodgeball and athletics.
- Sports Leader roles for Year 5 and Year 6 pupils, enabling them to act as positive role models whilst developing leadership, responsibility and independence.
- Swimming lessons for pupils in Years 4 and 5, with additional provision for Year 6 pupils who have not yet met the expected standard.
- Daily physical activity opportunities, including the Daily Mile, supporting children's fitness, wellbeing, concentration and readiness to learn.
- Opportunities for creativity, problem-solving, leadership and collaboration across a range of physical activities.

Spiritual, moral, social and cultural development is woven throughout Physical Education, ensuring children develop a strong sense of identity, responsibility and purpose. Leaders continually monitor, evaluate and refine the curriculum to ensure consistency, inclusivity and sustained excellence.

Impact

The impact of our Physical Education curriculum is reflected in the positive outcomes we see in our pupils and the strength of our school community.

Children leave St. Edward's:

- With a secure understanding of the importance of physical activity, health and wellbeing.
- Equipped with the knowledge, skills and confidence to participate successfully in a wide range of physical activities and sports.
- As independent and reflective learners who can evaluate performance, take ownership of their development and make informed choices.
- As confident, resilient and well-rounded individuals who embody our Catholic values and Gospel virtues.

By the time they leave St. Edward's, pupils demonstrate:

- Increasing competence across a broad range of physical skills and activities.
- Confidence when participating in both individual and team activities.
- Positive attitudes towards competition, teamwork and personal challenge.
- An understanding of how physical activity contributes to healthy and active lifestyles.
- Strong sportsmanship, respect, resilience and fairness.
- The ability to work collaboratively, lead others and contribute positively to their community.

Through high-quality Physical Education, sport and physical activity, our children develop a love of being active and are inspired to lead healthy, active lives. They leave St. Edward's equipped with the knowledge, skills, values and character needed to flourish both within and beyond school, embracing new challenges and making positive contributions to society.