

# Intent, Implementation & Impact Report for Physical Education (PE)



## Intent

St Edward's Catholic Primary School believes that Physical Education (PE), experienced in a safe and supportive environment, is essential to ensure children attain optimum physical and emotional development and good health. We intend to deliver high-quality teaching and learning opportunities that inspires all children to succeed in physical education and in developing life skills. We want to teach children skills to keep them safe such as being able to swim. We also want to teach children how to cooperate and collaborate with others as part of an effective team, understanding fairness and equity of play to embed life-long values in keeping also with our Catholic Gospel values. Our curriculum aims to improve the wellbeing and fitness of all children at St Edward's, not only through the sporting skills taught, but through the underpinning values and disciplines PE promotes.

## Implementation

- PE at St Edward's Catholic Primary School provides challenging and enjoyable learning through a range of sporting activities including; invasion games, net and wall games, strike and field games, gymnastics, dance and swimming.
- The long term plan sets out the PE units which are to be taught throughout the year and ensures that the requirements of the National Curriculum are fully met.
- Pupils participate in two high quality PE lessons each week, covering two sporting disciplines every half term both indoors and outdoors. In addition, children are encouraged to participate in the varied range of extra-curricular activities. Our after school sports club is available to all pupils, and teacher led clubs such as netball, Gaelic football and running club are available subject to age and season.
- Children are invited to attend competitive sporting events through our partnerships with Bishop Challoner School Games and Kings Norton Consortium. This is an inclusive approach which endeavours to encourage not only physical development but also mental well-being. We participate in a range of competitions and showcases such as football, gymnastics, swimming, basketball and dodgeball. These events also develop teamwork and leadership skills and are very much enjoyed by all children.
- Each year a small group of Year 5 and 6 children are invited to become Sports Leaders for the school. They develop into sporting role models for the younger children, assisting with lunch-time supervisors, our annual sports day and any other sporting activities.
- We offer all children from the years 3-5 swimming lessons during the Spring term. St Edward's also offer swimming lessons for any children in Year 6 that are still unable to swim.
- Children participate the "Daily Mile" everyday to help meet the government target of all children being active for at least 60 minutes a day. This is also an opportunity to have a "brain break" and improve cognitive performance in lessons afterwards.

## Impact

We help motivate children to participate in a variety of sports through quality teaching that is engaging and fun. From our lessons, our children learn to take responsibility for their own health and fitness, many of whom also enjoy the success of competitive sports. PE lessons support the teaching of Gospel Values through ensuring our children are truthful and good sportspeople. We equip our children with the necessary skills and a love for sport. They will hopefully grow up to live happy and healthy lives utilising the skills and knowledge acquired through PE.