



Physical Education

"P.E makes every child stronger and every life longer." – Sir Steve Redgrave

Intent

At St Wilfrid's, we aim to provide a fun, high-quality physical education curriculum that inspires all pupils to enjoy active and healthy lifestyles. We intend to enhance the physical skills of all children: their physical development and knowledge of their body in action. PE at St Wilfrid's enables children of all abilities to learn confidence, perseverance, team spirit, positive competitiveness and organisation. Children learn how to cooperate and collaborate with others, as part of a team, understanding fairness and equity of play to embed life-long values. Opportunities to compete in sport and other activities build character and help to embed our school values: love, creativity, opportunity, responsibility, respect and joy. We believe that there are talents and strengths within us all and we strive to let them shine brightly.

Implementation

We follow the guidelines set by the national curriculum to ensure that we offer a broad range of physical activities that allow each child to feel challenged and offer opportunities to progress further. Our Reception children follow the EYFS statutory framework which includes opportunities for young children to be active and interactive and to develop their co-ordination, control, and movement.

Children engage in a programme of PE that encourages fitness, improves their strength and teaches them the rules of games. PE is an integral part of school practices allowing all children in the school to gain a sense of achievement and develop positive attitudes towards themselves and others.

Pupils at St Wilfrid's participate in two hours of PE each week. Our PE programme incorporates a variety of sports to ensure all children develop their skills as well as confidence, tolerance and the appreciation of their own and others' strengths and weaknesses.

We follow our PE curriculum map. We subscribe to the PE Hub which has sequenced the curriculum in a logical progression to enable pupils to build their knowledge and skills of agility, balance and coordination plus skills required for team games. We use the plans and video clips to enhance our lessons, adapting and differentiating teaching as necessary: we check pupils' understanding and correct or suggest adjustments – one-to-one or with mini-plenaries. Skills are practised individually, in small groups and teams. Pupils are taught how to keep themselves safe. Children normally attend swimming lessons until they have met the end of key stage requirements.

Feedback is given to pupils to embed knowledge and skills. Assessment assists teachers

in producing clear next steps so that children can demonstrate improvement to achieve their personal best. Children are taught by their teacher and for one half term per year by Mr Armstrong, a PE teacher from St Nicholas CHS.

We provide opportunities for all children to engage in extra-curricular activities before, during and after school – for example: judo, fencing, netball, football and athletics. This is an inclusive approach which endeavours to encourage not only physical development but also well-being for all pupils.

We are well-supported, advised and trained by Vale Royal School Sport Partnership (VRSSP). We participate in many of their competitive sporting events and sports week. Inter-school sports events have provided great opportunities for our gifted children in PE; we also enter B and where possible C teams, friendly competitions and competitions for SEND learners. We arrange for gifted athletes to attend performance academies. When inter-school competition is not possible, we use VRSSP's suggested personal challenge and intra-school activities. Sensory circuits take place every morning for children who would benefit from extra physical activity each day.

Senior leaders and TAs supervise sports activities at lunchtime, including: football, basketball, athletics and use of the multi-gym equipment. Our School Sport Organising Crew lead personal challenges and oversee intra-school activities such as our girls' football league. When possible, Year 6 play leaders offer a range of sporting activities for younger children to participate in at lunchtime, instilling sporting attitudes. We try to ensure that the children participate in active lessons outside of their regular PE lessons, incorporating movement within lessons across the curriculum.

Children know the importance of good health of physical exercise and a healthy diet; they talk about ways to keep healthy and safe.

We are the first school in the UK to be a Mini-Me Yoga school; the PE Lead is a qualified yoga teacher. We have a Forest School curriculum in Year 5.

Impact

By the end of each key stage, our children are expected to know, apply and understand the skills and processes specified in the relevant programme of study. Our expectations of children are high and children are challenged. In PE, children are physically active for sustained periods of time. Children at St Wilfrid's have a secure understanding of the benefits of leading healthy lifestyles. The majority of children are physically fit.

It has been necessary to adapt several activities in our PE curriculum to comply with social distancing rules. This has provided opportunities for children to show originality and creativity in designing activities.

Children show great enthusiasm in PE lessons. At break and dinnertimes, our playground is a hive of activity – it is rare to see inactive children. They are eager to attend extracurricular activities and competitive sports events. All of KS2 participate in 'Go Run for Fun' a 2km run featuring a sporting celebrity. We have promoted running by joining in the Trek2Tokyo challenge, aiming to run the 8,500 km. We have regularly participated in interschool competitions: football, high 5 netball, tag rugby, basketball, boccia, sports hall athletics, quick sticks hockey, cross country, biathlon and multi-skills.

At St. Wilfrid's Catholic Primary School we are utilising the Primary PE & Sport Premium funding to improve the quality and breadth of our PE & Sport provision through continually developing teaching and learning in PE, encouraging our pupils to adopt healthy active lifestyles and to take part in a wide range of sports and physical activities including more competitive school sport. All EYFS children use the balance bicycles.

Staff have identified children who are gifted and talented, children who are working below ARE and children who are not as active as we would like them to be. We consider these children, plus SEND and Pupil Premium children when making decisions about Performance Academies, team selections and funding for extracurricular activities that require payment.

Letters to Parents and our school website keep families informed about activities which promote 60 active minutes, as advised by PHE. For example, during lockdown, VRSSP daily challenges were shared plus 12 Active Days of Christmas.

Each year, we use Your School Games to formulate an action plan and complete an activity heat map. We have been awarded the School Games Mark Silver Award and are working towards the Gold Award. This recognises our school's provision for pupils to engage in 2 hours of sporting activities per week; that we engage over 50% of pupils in extracurricular sport; that we provide appropriate competition level (through inter school activities); that 15% of children lead and officiate school games.

For greater detail on the impact of PE at St Wilfrid's, please see our most recent Primary PE & Sport Premium funding actions and impact on our school website. Please also see the Sports News page on our school website.