

Physical Education at

St. Catherine's Primary School

Physical Education (PE) is the development of knowledge, skills and understanding of physical activity through a continuous process of planning, practise, exploring, performing and evaluating.

Aims and purposes of Physical Education

Our main aim is to develop the children's knowledge, understanding and skills. We achieve this in a variety of ways, through whole class teaching, group activities or individual work. Our teachers and coaches make great use of exemplar performances to guide others in their learning. This allows pupils to evaluate themselves, their peers and others in a respectful manner, in addition to highlighting areas of improvement.



All children are provided with the opportunities and encouraged to:

- Experience a wide range of physical activity;
 - Develop and explore physical skills with increasing control and co-ordination;
 - Develop positive attitudes to physical activity;
 - Develop confidence and competence in performing different skills;
 - Respond positively to different challenges;
 - Improve social and interpersonal skills;
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- Appreciate the efforts of others, as well as their selves;
 - Persevere and make sustained efforts to develop and improve their own performance;
 - Become increasingly aware of how physical activity affects their bodies;
 - Pursue hobbies and interests that promote a healthy lifestyle.



Planning, teaching and assessments

Children at St. Catherine's receive a statutory two hours of physical education each week and are taught within their year group. The children also have the opportunity to attend extra-curriculum sports after school; gymnastics, running, football, netball, rugby. Children have the opportunity to reflect and evaluate their own performance, with teacher support when necessary.

Prior to lessons, teachers and coaches have a clear outline of the intentions for the lessons, incorporating learning objectives from the national curriculum and building on previous experience and skill level.

Key Stage One children are taught to:

- Master basic movements including running, jumping, throwing and catching, develop balance, agility and co-ordination and begin to apply these in a range of activities;
- Participate in team games, developing simple tactics for attacking and defending;
- Perform dances using simple movement patterns.



Key Stage Two children are taught to:

- Use running, jumping, throwing and catching in isolation and in combination;
- Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis, and apply basic principles suitable for attacking and defending;
- Develop flexibility, strength, technique, control and balance (for example, through athletics and gymnastics);
- Perform dances using a range of movement patterns;
- Take part in outdoor and adventurous activity challenges both individually and within a team;
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.
- During lessons we allow children the opportunity to collaborate and compete. This is important in developing social skills, allowing the children to learn how to support each other, as individuals and a team.

St Catherine's uses a variety of teaching and learning styles in our PE lessons:

- Direct teacher or coach modelling;
- Peer-centred teaching, children work alongside their peers to practise skills collaboratively;
- Reciprocal led teaching, children work in pairs to follow instructions, observe each other and offer feedback;
- Use of visuals, for example, multimedia, to demonstrate a skill and allow for discussions;
- Use of a wide range of PE equipment and resources.

Children are assessed from reception to year six. The teacher or coach assesses the children against the attainment targets of the national curriculum.

Key Stage One

- Fundamental movement skills;
- Agility, balance and coordination;
- Competition: competing with Themselves & others;
- Cooperation with others;
- Physical confidence;
- Evaluating and recognising success.



Key Stage Two

- Apply skills in different ways;
- Link and sequence actions;
- Communicate;
- Collaborate;
- Compete;
- Improving in sports and activities;
- Evaluating and recognising success.