



PE

Intent

At St Bernadette, we promote healthy living and wellbeing throughout our community. We will work with children and their families by celebrating the sporting achievements of the children both inside school and through their own involvement with sport and physical activity outside of school.

We provide opportunities for children to become physically confident in a way which supports their health and fitness. We also offer opportunities to compete in sport and other activities to build character and help to embed values such as fairness, teamwork, friendship, co-operation and respect.

We aim to provide a high-quality physical education curriculum which inspires all children to:

- succeed and excel in competitive sport and other physically-demanding activities;
- develop competence to excel in a broad range of physical activities;
- be physically active for sustained periods of time;
- engage in competitive sports and activities;
- lead healthy, active lives;
- find enjoyment in sport and physical activity, not only in school, but as part of everyday life;
- find a physical activity that they enjoy taking part in, whether that is through a team sport or an individual activity.

Implementation

In Key Stage 1, children will be taught to:

Master basic movements including running, jumping, throwing and catching, as well as developing 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.

In Key Stage 2, our children will be taught to: use running, jumping, throwing and catching in isolation and in combination; play competitive games, modified where appropriate (e.g. 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 (e.g. 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.

We also provide swimming instruction in Key Stage 2, children are taught to: swim competently, confidently and proficiently over a distance of at least 25 metres; use a range of strokes effectively (e.g. front crawl, backstroke and breaststroke); perform safe self-rescue in different water-based situations.

Impact

In Key Stage 1, children will develop fundamental movement skills, becoming increasingly competent and confident in those skill. They will access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They will be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

In Key Stage 2, our children will continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They enjoy communicating, collaborating and competing with each other. They will develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.