



Physical Education Curriculum

Intent

Through providing a curriculum that is broad and balanced, physical education compliments and supplements the aims of Holy Family Primary School. The curriculum is designed to be enjoyable, but at the same time develop and stimulate the students; physically, socially, emotionally and cognitively. It aims to provide an equal opportunity of learning experiences in games, gymnastics, dance, athletics and outdoor education.

In order to develop positive attitudes all children should:

1. follow the conventions of fair play and honest competition
2. persevere with and consolidate their performances
3. be mindful of others in their environment



Implementation

In order to promote active and healthy lifestyles all children will:

- Become more physically active
- Engage in activities that develop cardiovascular health, flexibility, muscular strength and endurance.
- Participate in well-structured lessons and schemes/units of work set by the P.E coordinator and Bishop Challoner.
- Engage in opportunities to gain knowledge and skills within a P.E.
- Set realistic but high expectations, based on the National Curriculum.
- Enjoy a safe environment where student success is positively reinforced.

Impact

Children will have:

- Increased participation in physical activity
- Reduced levels of obesity
- Higher attainment in afterschool clubs
- A healthier lifestyle
- Increased opportunities to participate in a variety of sporting events
- Sporting vocabulary



Inclusion

In all situation's empathy is paramount where students cater to the needs of their peers. In accordance with the school's Inclusion Policy, PE activities are differentiated to meet the needs of each pupil. More Able and Talented pupils and children with Special Educational Needs and Disability will be identified through a range of activities. Their needs will be met through the development of individual or group programs that encompass a range of learning styles and are designed to enrich the curriculum.



Pupil voice-

- It is very fun because it is not work and it helps you as it keeps your body, bones and heart healthy.
- It is energetic because it is good for you and it makes you strong.
- I think it is very good because we do exercises and run around and your heart beats very fast.
- I love it because I get to play and not do work and be with my friends.
- It is good for physical exercise and learning as it stimulates your mind for English and Mathematics.

