



Our PE Curriculum Intention

Intent

At St Wilfrid's the aim of P.E is to inspire our children to love living a healthy life. This is a key area of focus for our locality and we have a clear aim: for our children to recognise their choices and the impact that these have upon their own life experiences. Physical health is also a major contributor to good mental health and we want our children to recognise and use this link.

We want our children to develop a deep knowledge and a range of skills, enabling them to sustain and enjoy a positive, active lifestyle. We teach the key Concepts of Movement, Agility, Balance, Co-ordination, Co-operation, Competition, Sequence, Health, Fitness, Fairness and Respect. Through teaching these concepts we aim for all children at St. Wilfrid's will develop a broad range of skills and a love of being active!

Implementation

All children at St. Wilfrid's will benefit from a broad, deep and progressive P.E curriculum. In the early years our children will start to develop the FUNdamentals of movement whilst participating in lessons with a theme which mirrors their classroom topic. This enables the children to develop their physical literacy whilst embedding the learning achieved in the classroom.

In KS1 the Physical Education curriculum changes to an activity specific focus. Children learn how the body changes during exercise whilst further developing the FUNdamentals of movement (Jog, Sprint, Jump, Hop, Weight on Hands, Balance & Co-ordination). Through the effective teaching of Physical Education, a quality and varied extra-curricular offer and structured play during lunch times, children will be competent in the FUNdamentals of movement at the completion of Key Stage 1.

In KS2 the P.E becomes both broad and deep. Children develop their Key Concepts through a variety of 'vehicles', all teaching staff receive 1 to 1 CPD with the Collegiate P.E Specialist Mr. Sigley. This enables the children at St. Wilfrid's to develop their knowledge, understanding and performance in P.E through activities such as Handball, Parkour, Health Related Exercise, Tag Rugby, Dance, Football, Athletics, Basketball, Gymnastics, High 5 Netball and many more.

Impact

Children at St. Wilfrid's will develop a broad range of skills in a variety of activities. A deep understanding of how the human body works and the importance of exercise and hopefully find at least one form of physical activity that they love and will pursue for the rest of their life.