

PE Curriculum Intent

A high-quality Physical Education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

At Caton St. Paul's C of E Primary School, our aim is to ensure all children enjoy and are engaged in Physical Education and Sport. Through Physical Education we aim to develop the children's knowledge, skills and understanding, so that they can perform with increasing confidence and competence in a range of physical activities.

We aim to improve health and well-being, promote active participation and lifelong learning, and for each child to fulfil their potential. We aim to ensure that the children's experience of Physical Education is positive and motivating and that children's attitudes to a healthy lifestyle are firmly embedded in our curriculum.

All children at Caton St. Paul's receive a broad and balanced PE curriculum regardless of year group or ability. Every child accesses all of the key areas of the subject on offer at our school. Teachers plan PE with clear progression of skills and knowledge that we have devised as part of our curriculum offer to ensure that all children access it at an age appropriate level.

At Caton St Paul's we follow the Lancashire Scheme of Work for PE which is outlined below:

Lancashire's Physical Education Developmental Approach - "Intent"

Early Years – The INTENT in the Foundation stage is to focus on developing gross and fine motor skills. Lancashire has developed a 5 Fundamental Movement Skills resource to support Foundation teachers in understanding 5 key FMS. These 5 skills along with opportunities to develop a wider range of physical skills will ensure they are ready for KS1 PE. Key Stage 1 – (Year 1 Baseline) The INTENT in year 1 is to carry out a baseline of 10 Fundamental Movement Skills as the children enter year 1. From this baseline the teacher can design or adapt their PE curriculum and have a focus on the FMS the children are less proficient in.

During Key Stage 1 – The INTENT during KS1 is to continue to develop the children's FMS especially their weaker ones and also to teach children HOW to apply these skills in a context. The children should develop their knowledge in using simple tactics in game type activities and creating sequences of movement in gymnastic and dance type activities. This is delivered through the relevant Core Tasks. End of Key Stage 1 – The INTENT at the end of KS1 is to test the children's 10 Fundamental Movement Skills again. This will show the impact on their performance of their FMS and which skills they have Mastered. This information can then be shared with the year 3 teacher.

Lower Key Stage 2 – The INTENT at year 3 and 4 in games is to develop children's attacking skills through a range of different sports and activities. However, this will be delivered

through uneven sides, i.e. 3V1, 4V2. They will also develop their knowledge of simple attacking tactics, which are transferable across similar categories of games. i.e. (Target, Invasion games, Net/Wall, Target and Striking and Fielding) The INTENT at year 3 and 4 in dance and gymnastics is to develop children's performance and sequencing skills. All the skills are applied through the relevant Core Tasks which are linked to age expectations.

Upper Key Stage 2 – The INTENT at year 5 and 6 in games is to continue to develop children's attacking skills when they are working as a team and to develop their knowledge of defending strategies. These will be delivered through modified mini-versions from uneven sides to even sides, i.e. 5V3, 5V4, 4V4, 5V5 etc. The learning the children receive through the different categories of games leads to playing an intra school games competition and for some children moving to inter school competitions. The INTENT at year 5 and 6 in dance and gymnastics is to develop children's performance and composing longer sequences of movements with a partner and group. All the skills are applied through the relevant Core Tasks, which are linked to age expectations.

How this is implemented at Caton St. Paul's C of E Primary School.

Each child receives 2 hours of curriculum time PE on a weekly basis which is carefully planned and mapped out to ensure a broad and full range of skills and activities. These sessions are either delivered by class teachers or specialist coaches during PE lessons. Pupils in Preschool and KS1 are given ample opportunities to develop their fundamental movement skills and extend their agility, balance and coordination. They engage in competitive and cooperative physical activities through games, dance and gymnastics.

In KS2, pupils continue to apply and develop a broader range of skills such as running, jumping, throwing and catching. These skills are incorporated into competitive games, performances using movement patterns and evaluations of their own and others' work. Pupils communicate and collaborate with each other and develop an understanding of how to improve in physical activities.

Children in Years 5 and 6 attend swimming lessons at the local swimming pool where they are taught to swim competently, confidently and proficiently over a distance of 25m using a range of strokes.

Impact of PE at Caton St. Paul's C of E Primary School.

In addition to PE in curriculum time, PE is embedded into many areas of our school life and the children are actively encouraged to see physical activity as a positive part of their daily lives and wellbeing, with the aim of providing 60 mins of active participation a day, for every pupil.

We also strive to provide opportunities for children to access extracurricular physical activity through a wide range of sporting and active clubs such as: multi sports, running, football, dodgeball, netball, cricket and tag rugby. Festivals and competitions ensure all of our children have the opportunity to take part in a range of sports both in and outside of school whether that be at a competitive or non-competitive level. There are many opportunities across the year for children to take part in inter and intra school competitions, as well as

festivals, where children's successes in sports are celebrated. In 2019/20 we achieved the School Games Silver Award and are currently aiming for Gold for 2021/22.

We also encourage active playtimes through the use of playground leaders, coaches and we started the Daily Mile (Kilometre, on our new cinder track) initiative in 2017 to ensure that we are giving children at our school the best possible chance of achieving the recommended 60 minutes of physical activity each day.

The children also have the opportunity to take part in many festivals and competitions throughout the school year. We work closely with Lancaster and Morecambe School Sports Service to enhance our PE provision and widen links with other schools and organisers across the local area. The school has also actively encouraged family participation and sporting events through sponsored events such as The Elf Run for our local hospice and our annual Sports Day.

All schools are required to publish how they spend their Sports Premium Funding in the form of an impact statement. The Impact Statement for Caton St. Paul's can be found in the PE funding section of our school website.