Intent, Implementation and Impact of PE at OLSK

Intent

At OLSK we strive to deliver high quality physical education and sports to ensure children develop physically, emotionally and are lifelong active people. We want all children to develop and improve the fundamental skills needed to access all physical activity such as invasion games, gymnastics or dance. Children will understand the importance of healthy competition against either themselves (personal best) or other children, the importance of an active and healthy lifestyle and the role that physical activity plays in achieving this, how to swim, basic survival skills in water and life skills such as teamwork, independence and resilience. Our curriculum aims to improve the wellbeing and fitness of all children, not only through the sporting skills taught, but through underpinning values and disciplines PE promotes.

As a Catholic school, our Physical Education Curriculum is rooted in our Gospel Values. We believe that every child is unique and made in the image and likeness of God. Therefore, we strive to develop the whole child, celebrating their talents and successes as well as offering support in areas, which they find more challenging.

We believe PE should enable pupils to:

- Motor competence: developing a range of movements that become increasingly specific to ensure competency participating in sport and physical activity.
- Rules, strategies, and tactics: knowledge of the conventions of participation in different sports and physical activities reducing the risk of exclusion and promoting a sense of belonging through confident and competent involvement.
- Healthy participation: knowing how to partake safely and effectively, increasing confidence in participation.

From the moment, children start at OLSK in Early Years they are engaged in daily physical activity to promote positive wellbeing and a healthy lifestyle.

Implementation

The core of our PE curriculum is to be active for as long as possible; we follow the SHARP principles of physical activity in order to make sure our lessons are high quality and provide children with both the teaching input and exercise that they need. Children are given access to a wide range of quality resources, both in lessons and on the playground to promote the enjoyment of being active and staying fit. Staff work hard to ensure that across the curriculum, children are given the opportunity to be active, aiding both physical development and mental health.

We make use of excellent sports coaches who not only give children specialist knowledge and a pathway to sport but give staff quality CPD to aid in their physical development and confidence in PE. They work alongside us to foster a culture of physical activity across school, and this is highlighted by our whole school PE day on Wednesday's where all children come into school in their PE kits- really raising the profile of PE in school.

We offer a wide range of sports clubs in school for children to attend as an extra-curricular activity. Sports and movement extra-curricular activities include Irish dancing, Rounders, Multi-Sports, Football and many more. These clubs allow children to play competitive games and build upon teamwork skills with children across the school. We recognise it is essential to offer these opportunities to children within school.

Competition is key to our PE provision; all children take part in intra-school competitions within their class or key stage. Many children will go on further to take part in inter-school's competitions, ranging from gymnastics to cross country. We believe that high quality PE and competition educates children to be responsible, respectful and active citizens who can contribute positively to society- promoting strong British values and tolerance of all. The culmination of this is our training of 'Sports Leaders' in Y6 who use their God-given talents to lead the younger children in physical activity. They are trained by our coaches to become young leaders and to use their talents and abilities for good across the school.

Swimming is one of the most important things that a child can learn at their time in school and we do not underestimate this. We provide opportunity for all children from Y2-Y5 to swim each year and make sure that as many children as possible are able to swim by the time they leave us in Y6.

Impact

Children leave school having a love of sport and physical activity both in and out of school, with this continuing into later life. Children will have worked on their own aspirations in relation to PE and this will be carried on after leaving KS2, with children continuing to participate for enjoyment or competitively. All children should be able to discuss the importance of a healthy lifestyle and how this is achieved as well as developed skills that underpin life such as teamwork, sportsmanship, self-motivation, resilience and independence.