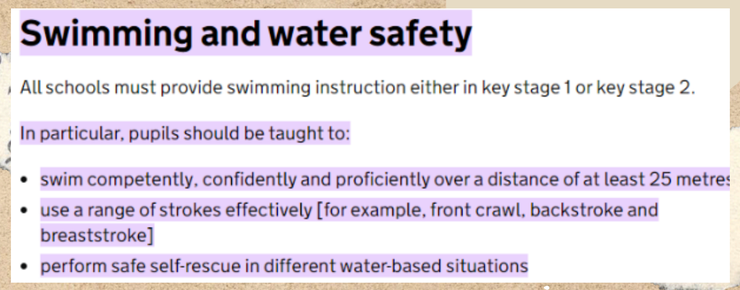
PE in a nutshell



Intent

Through our PE curriculum we support all pupils to understand and enjoy being physically active individuals and to encourage and support others to be the same, through a high quality PE, School Sports and Physical Activity (PESSPA) curriculum.

As a school of opportunity, we give every pupil the chance to develop and improve their physical literacy; to participate in, be challenged and to enjoy success in a wide range of safe sporting and physical activities, which will have a positive impact not only on their physical but also their emotional, spiritual, social and moral well being. We want them to leave our primary school successfully equipped with the knowledge, skills, motivation and understanding necessary to enjoy lifelong participation in physical activity together with a happy, healthy lifestyle.



Swimming and water safety

All schools must provide swimming instruction either in key stage 1 or key stage 2.

In particular, pupils should be taught to:

- swim competently, confidently and proficiently over a distance of at least 25 metres
- use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
- perform safe self-rescue in different water-based situations

Impact

At St Joseph's we aim to inspire our future generations to lead happy, healthy, fulfilled lives successfully equipped with the knowledge, understanding and desire to take personal responsibility for living fit and healthy lives. Our PESSPA curriculum at our school aims to enthuse pupils with fun, engaging and broad physical and mental experiences which will lay solid foundations to build on for their future.

Implementation

The aim of PESSPA at St Joseph's is to promote physical activity and healthy lifestyles. The inclusive PE curriculum is dynamic, varied, fun and unique; designed to meet the requirements of the key skills in the National Curriculum and the needs of our pupils, enabling them all to build upon prior experience and to apply knowledge and skills more fluently and with confidence. All classes are timetabled one hour of high quality PE with additional daily opportunities to participate in structured and stimulating physical activity. All pupils in Year 5 receive swimming lessons.

There are opportunities to be active throughout the school day through the use of the outdoor classroom and yoga, which not only improve our children's physical and mental health and wellbeing but also help to meet the government target of all children being physically active for 60 minutes a day; with 30 minutes of this activity at school.

All pupils are encouraged to take part in a range of regular extra curricular clubs and they have the opportunity to participate in local sporting competitions and festivals.

...

pe planning

Unity through Diversity

What PE looks like at St Joseph's Catholic Primary

Curriculum

PE PLANNING has structured planning that builds on skills in a progressive way from reception to year 6.

It has a means for assessment of pupils that all staff will use.

At St Joseph's we offer a Year A/Year B two year curriculum, ensuring a breadth of coverage across all skills.

Staff training has taken place and new resources purchased also. All staff using consistent planning that can be accessed by PE lead at any time. Help and support with its delivery provided by PE lead.

Extra curriculuar

Karate - Whole School - Hakuda Ryu Karate - Tuesday 3:15 - 4:45

Running Club - All KS2 - Mr Arnold - Wednesday 3:14 - 4:15

Football Club/Dodgeball Club - UKS2 - Mr Garnett - Monday Lunchtime

Outdoor club - LKS2 - Mr Palmer - Friday 3:15 - 4:30

Enrichment opportunities

Intra-trust sport tournaments

A variety of events such as rugby, football, swimming, pantathalons.

Wembley Stadium Year 5 Trip - Twice per academic year (Fixtures dependent) - England Men's and Women's football - National pride, Team building, holistic development.

Climbing Wall at Carlton Keighley

Doe Park Activity Centre & Pen Y Ghent Climb - Year 5

Summer trip - OAA and Teambuilding.

Sport Leaders

At St Joseph's we aim to enrich the lives and build a sense of confidence and self worth of our children through sport and exercise. Our Sports Leaders run daily clubs at lunch time for all classes in school, monitoring, coaching and celebrating all chidlren within our setting.



Pupil Voice



Do you find PE challenging? Explain your reasoning.

- Sometimes I do, especially in gymnastics.
- No, I find some of the lessons too easy.
- Yes, sometimes when it is dance and gymnastics.

How does Physical Education help to boost your mental health?

·I think it boosts your mental health because getting fresh air is proven to help.

·Sometimes it can boost your adrenaline.



Next year, what changes would you like to see in PE?

·I want to come to school in my PE kit.

·More PE lessons in a week.

·I want it to be more challenging than this year.

·More ball games.

Why do you feel PE is important?

·I feel like it is important because it is exercise and that keeps us healthy.

·It helps boost your mental health and physical wellbeing.

·Getting exercise and fresh air is nice!