



Physical Education

At St Godric's, our aim is to ensure all children enjoy and are engaged in Physical Education and Sport. Through our teaching we aim to develop successful, confident individuals who will have a positive attitude towards healthy living and active lifestyles by providing opportunities for children to develop their skills, knowledge and understanding of the subject, so that they can perform with increasing confidence and competence in a range of physical activities including dance, games, gymnastics, athletics and outdoor and adventurous activities. We aim to improve health and well-being, promote active participation and lifelong learning, and for each child to fulfil their potential whilst ensuring that every child's experience of Physical Education is positive and motivating.

Intent –What we are trying to achieve

Children will meet the National Curriculum expectations in Physical Education which will be taught by highly qualified and enthusiastic staff and coaches who will support and inspire children

Children will access at least 2 hours of high quality Physical Education teaching each week where they will be physically active for sustained periods of time

Children will take part in a broad range of physical activities that will help them to develop a range of sporting skills including swimming

Children will have the opportunity to engage in competitive sports and activities

Children will understand the importance and effect of exercise and being healthy and learn how to lead healthy, active lives

Children will understand how catholic virtues can be developed through a sense of fair play and sportsmanship

Children's experience of Physical Education will be enjoyable and fun

Children will be able to access a time-table of extra-curricular sporting opportunities to extend their learning beyond the curriculum

Characteristics of a physically educated child

- Children develop competence, confidence and control in a range of movements showing agility, balance and co-ordination
- Children perform skills in isolation and in combination to make actions and sequences of movement
- Children demonstrate team-work and participate in intra-school and inter-school festivals, always acting in a sporting manner
- Children compete against themselves (PB) and others, striving to improve their performance
- Children solve problems in outdoor and adventurous activities, communicating, collaborating and showing resilience
- Children swim 25m unaided and perform a self-rescue
- Children enjoy participation in physical activity and choose to participate regularly



Implementation- How do we translate our vision into practice

A yearly plan is in place which identifies the breadth and depth of the activities delivered across the school to ensure coverage of the National Curriculum.

We work in partnership with Durham and Chester-le-Street SSP who support our improvement towards the 5 key indicators of the Sports Premium Funding

1. The engagement of all pupils in regular physical activity - the Chief Medical Officer guidelines recommend that all children and young people aged 5 to 18 engage in at least 60 minutes of physical activity a day, of which 30 minutes should be in school.
2. The profile of PE and sport being raised across the school as a tool for whole school improvement.
3. Increased confidence, knowledge and skills of all staff in teaching PE and sport.
4. Broader experience of a range of sport and activities offered to all pupils.
5. Increased participation in competitive sport.

In EYFS there are two strands under Physical Development: Moving and Handling and Health and Self-care

Children access time and space to enjoy energetic play daily in the outdoor learning area.

Children also access specific physical development through timetabled PE lessons which give the opportunity to learn and practise fundamental movement skills.

High quality teaching motivates and responds to the needs of all children

Children access high quality visiting coaches in gymnastics, athletics and games

Children's personal success will be celebrated where possible and used to actively promote future aspirations

Children have access to a broad range of resources and equipment

Children will have the opportunity to participate in intra-school and inter-school festivals and competitions

Year 6 children will have the opportunity to participate in a residential Outdoor and Adventurous Activity visit

Children will be taught about safety and how to manage reasonable risk in Physical Education

Cultural Capital

- Children will have the opportunity to visit sites of sporting excellence in Durham throughout school eg. Maiden Castle, Durham City Gymnastics Club
- Children will have the opportunity to be taught by high performance coaches and sports women throughout school eg. Glen Wharton; national tumbling coach, Shanice Davidson; GBA tumbling squad member
- Children will have access to the level 1, 2 and 3 competition structure through Durham and Chester-le-Street SSP and County Durham Sport
- Sport and Health Ambassadors in school will nominate a 'PE Super- Star' from KS1 and KS2 each month to raise aspirations and celebrate the subject in Collective Worship
- Children use Fit 4 the Future video resources for active brain breaks during the school day and during indoor break-times



Impact – What is the impact of our curriculum on the students?

Children are taught PE as a basis for life-long learning where their access to a range of activities will have a positive effect and help them continue to have a physically active life.

Children will have a good understanding of what a healthy, active life is like and the importance of leading one.

Children will be given opportunities to compete in sport and other challenging activities that will build character and help embed values such as fairness, respect and teamwork.

Children will be given the opportunity to shine through the range of different sporting and adventurous activities offered

Children will learn how to celebrate each other's strengths and differences in different sports and situations

Children will become reflective learners who strive to improve, support each other and are proud to be part of St Godric's tem