

Subject Key Summary Points

Subject	Physical Education
Overall Curriculum	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.
Pedagogy	<p>The expectation is that all pupils will move through the programmes of study at the same pace. Physical education is an inclusive subject and all PE lessons in our school can be amended to suit the needs to all learners. To support the differentiation of lessons all staff follow the physical education progression of skills document.</p> <p>There are 3 key areas to the Physical Education curriculum:</p> <p>Promote physical activity and healthy lifestyles by teaching pupils:</p> <ul style="list-style-type: none"> • to be active through regular cardio-vascular work and with an emphasis placed on personal progress and individual challenges. • correct posture and appropriate use of their body from reception to year 6. • to participate in activities which develop balance, coordination, flexibility, strength, stamina, self-expression with a built-in factor of improvement and refinement, thus creating a movement memory. • the importance of personal hygiene. <p>Develop positive attitude by teaching pupils:</p> <ul style="list-style-type: none"> • to observe the conventions of fair play and good sporting behaviour as individuals, team-members and spectators, co- operating with and considering others. • to cope with both success and limitations in performance and increase self-confidence and self motivation. • to work consistently to the best of their ability and always look for improvements. • to be mindful of others and their environment. • to improve social, creative and physical skills. <p>Ensure safe practice by teaching pupils:</p> <ul style="list-style-type: none"> • the importance of appropriate rules and safety procedures for all activities in all situations. • the importance of wearing appropriate clothing, footwear and protection for different activities. • how to lift, carry and place and use equipment safely. • the importance of warming up & cooling down before and after physical exertion.

	<p>In addition to the 3 key areas within the curriculum, guided by our Christian values, St Catherine's PE lessons and sports clubs are underpinned by the Olympic and Paralympic values of:</p> <ul style="list-style-type: none"> • Friendship • Respect • Excellence • Equality • Determination • Inspiration • Courage
Assessment	<p>Assessment is regarded as an integral part of teaching and learning and is a continuous process. It is the responsibility of the class teacher to assess all pupils in their class. This is mainly achieved through mini plenaries, questioning and observations through the practical lessons.</p> <p>Striver provides an assessment opportunity for each lesson in the unit block. Teachers are expected to assess the first and last lesson in the block on the Striver system. Teachers may use their discretion to assess at a mid-point lesson if it is a block that the children are finding challenging/easy to help tailor the planning for maximum impact.</p>
Culture	<p>Physical education is an inclusive and diverse area of study. The national curriculum requires children to learn:</p> <ul style="list-style-type: none"> • develop competence to excel in a broad range of physical activities • are physically active for sustained periods of time • engage in competitive sports and activities • lead healthy, active lives. <p>In addition to this, we embed and value the Olympic and Paralympic values of:</p> <ul style="list-style-type: none"> • Friendship • Courage • Inspiration • Determination • Equality • Respect • Excellence

	<p>These statements match our Christian's values and are displayed at playtimes, in PE lessons and during intra sporting competitions. Sports days are designed to promote a "want to compete" and we celebrate child's victories, however points are also scored against the values the sports helps to embed into children.</p>
Systems	<p>The school follows the National Curriculum (2014) and teachers use the Striver scheme of learning as the basis for their planning. This is supplemented with other resources and regular staff CPD (both internally and externally).</p> <p>Children will learn fundamental movement skills – and know how these underpin known sports.</p> <p>They will learn how to lead healthy and active lives through learning about food and activities to stay active.</p> <p>Children will be taught to swim 25m by the end of year 6 through regular swimming lessons dispersed throughout the school years.</p> <p>We encourage all our children and families to participate in active travel by providing bike and scooter storage on school site.</p>
Policy	<p>The Policy for Physical Education aims to ensure that all pupils:</p> <ul style="list-style-type: none"> • develop competence to excel in a broad range of physical activities • are physically active for sustained periods of time • engage in competitive sports and activities • lead healthy, active lives. <p>https://www.lewtrenchard.devon.sch.uk/web/teaching_and_learning/439282</p>
Perceptions	