

## Physical Education Curriculum

### Intent, Implementation, Impact Statement

Intent	Implementation	Impact
<p>At St Augustine's Catholic Voluntary Academy, the intent of teaching Physical Education is to give children the tools and understanding required to flourish and make a positive impact in their own physical health and well-being.</p> <p>We want all children to experience a wide variety of sports and physical skills which will enhance life-long fitness and life choices.</p> <p>PE can challenge and promote self-esteem through the development of physical confidence and problem solving. It can teach children to cope with both success and failure in competitive, individual and team based physical activities. Within dance it will allow children to explore their personal and spiritual identity.</p> <p>We want children at St Augustine's to have opportunities to practice, develop and perform their skills both competitively and non-competitively and build resilience and stamina whilst collaborating with others and working individually.</p>	<p>PE at St Augustine's Catholic Voluntary Academy is taught by a combination of class teachers, PE specialists and qualified sports coaches. Children have equal opportunities to take part in a range of sports and physical activities within a supportive environment where effort as well as success is recognised.</p> <p>Children are encouraged to participate in exercise through-out the day during PE lessons, clubs, outdoor learning, lunch provision and special events. St Augustine's, the PE curriculum is structured to provide a range of sports experiences during which every child participates to develop their skills and learning through competitive, team and individual sports. Through our provision children can aim to flourish at sports in which they have a particular interest or flair for.</p> <p>Children with additional needs are provided with appropriate support to enable them to take part and gain confidence in skills, understanding and motivation. We teach the National Curriculum, supported by a clear skills and knowledge progression. This ensures that skills and knowledge are built on year by year and sequenced appropriately to maximise learning for all children.</p> <p>Children gain experience of a variety of fundamental skills. This has a focus on agility, balance, co-ordination and fitness. Children take part in individual skills, group skills and team games, using PE equipment appropriate for their age. During KS2 children will have a series of structured swimming sessions with the aim of increasing water confidence and achieving 25m by the end of Year 6.</p>	<p>St Augustine's pupils leave the school at the end of Year 6 with:</p> <ul style="list-style-type: none"> <li>• The ability to acquire new knowledge and skills exceptionally well and develop an in-depth understanding of PE.</li> <li>• The willingness to practise skills in a wide range of different activities and situations, alone, in small groups and in teams and to apply these skills in chosen activities to achieve exceptionally high levels of performance.</li> <li>• High levels of physical fitness.</li> <li>• A healthy lifestyle, achieved by eating sensibly, and exercising regularly.</li> <li>• an understanding of the importance of exercise in promoting long-term health and well-being.</li> <li>• Exceptional levels of originality, imagination and creativity in their techniques, tactics and choreography, knowledge of how to improve their own and others' performance and the ability to work independently for extended periods of time without the need of guidance or support.</li> <li>• A keen interest in PE. A willingness to participate eagerly in every lesson, highly positive attitudes and the ability to make informed choices about engaging fully in extra-curricular sport.</li> <li>• The ability to swim at least 25 metres before the end of Year 6 and knowledge of how to remain safe in and around water.</li> </ul>