



'I love P.E. at St Joseph's because we cover so many topics and activities. Also, there are a lot of opportunities to take part in sporting events and extracurricular activities.' Year 6

Physical Education

Intent

At St Joseph's the intention is that children gain a firm understanding of what Physical Education is through numerous avenues. Physical activities within the curriculum ensure that the fundamentals of agility, balance and coordination are at the heart of learning and that our children are active for sustained periods of time. We encourage all children to succeed and excel in physical activities. We emphasise personal development to accommodate varying levels of fitness. This allows all children to become physically confident in a way which supports their health. We often organise for coaches to attend the school to deliver taster sessions or half-termly sessions allowing the children to experience a new sport and returning home with club information should they wish to pursue this outside of school.

Implementation

At St Joseph's School we follow a scheme of work called 'Get Set 4 P.E.'. This scheme allows us to deliver effective P.E. lessons to all year groups - with a clear progression of skills from year-to-year. With this scheme the children learn key vocabulary to do with each topic they are learning. This allows them to gain a better understanding of physical education as well as their own bodies. In addition, P.E. Leads offer CPD to staff every year in order to give them confidence in delivering outstanding P.E. lessons. Physical activity is built in throughout the day, Every day the children participate in 'The Daily Mile' and watch 'Jump Start Johnny' videos. These videos are short brain break videos, which allow the children to dance for 3 - 4 minutes. This means they can re-energise themselves for the next chunk of learning. The children also take part in 'Active Play' every lunchtime.

Impact

The Effective delivery of high-quality PE, physical activity and school sport supports the wider school aims including raised attainment, development of life skills and increased emotional wellbeing of young people. Children throughout the Federation are aware of the positive effects and importance of Physical Education. Due to the outstanding teaching of P.E. At St. Joseph's, the children regularly look forward to lessons. The engagement levels during lessons are excellent and we believe this because of the culture we have built around P.E

