

### The Big picture (Overview)

At St Finbar's Catholic Primary School we believe that Physical Education has a crucial role in all aspects of a child's development. We use the GetSet4PE curriculum which is designed to empower our students with the confidence and life skills they need to make informed choices about healthy living. Our goal is to equip them with the tools to have a positive impact on their own health and well-being.

St Finbar's pupils will participate in a variety of sports and physical activities in a safe and encouraging environment. Here, we celebrate effort, hard work, and success, while promoting teamwork and enjoyment. We are committed to nurturing our children's love for physical education and sports. Our goal is to set high expectations and empower them to dream without limits.

### What is Physical Education like in our school

(pupil voice)

"I liked the dance topic, we could work together and be creative." (year 5 pupil)

"In PE we learn all the proper names for the ball skills, like what swings and catches we do." (year 6 pupil)

"I like PE, I always get help off mt teachers when i'm not sure." (Year 1 pupil)

### Teaching and Learning (Key learning and skills)

We expect our students to demonstrate the following:

- An eagerness to practice skills across various activities and situations, whether alone, in small groups, or as part of a team, and apply these skills to achieve exceptional performance levels in chosen activities.
- Embracing a healthy lifestyle, including maintaining a nutritious diet, making positive lifestyle choices, and engaging in regular exercise.
- The ability to learn new knowledge and skills effectively and gain a deep understanding of physical education.
- Showing a strong interest in physical education, actively participating in every lesson, maintaining a highly positive attitude, and making informed choices about engaging fully in extra-curricular sports.
- To possess a knowledge of water safety.

### What we want our curriculum to help our children know and do (Intent)

The curriculum is designed to enhance the physical and mental well-being and fitness of all students. This improvement is achieved not only through the instruction of sporting skills but also through the foundational values and disciplines that physical education promotes. We uphold high expectations for our pupils and are committed to providing a diverse range of sporting opportunities throughout their time at St Finbar's. We feel it is crucial to educate children on both maintaining an active lifestyle and adhering to a well-balanced diet, as these components are vital for establishing a strong foundation for a healthy lifestyle in the future.

### How we organise our curriculum (Implement)

The GetSet4PE curriculum has been designed and tailored to support our pupils progression in skills and knowledge across a variety of sports and topics,

We have created learning outcomes and opportunities across year groups to support progression and repetition. This helps pupils to embed key vocabulary, knowledge, and skills.

We focus our teaching on six main strands of physical education; Gymnastics, net and wall games, invasion games, athletics and striking and fielding games.

These strands are revisited each year, allowing students to progressively build their skills and knowledge. St Finbar's, we strive to improve our children's fitness levels and regularly discuss the impact of physical activity on both physical and mental health with them.

### How we know children are knowing and doing more (Impact)

At St Finbar's, our mission is to inspire children to cultivate a lifelong passion for sports and physical activity. We aim to motivate them to participate in a range of sports through engaging and enjoyable teaching methods. Our lessons provide opportunities for children to learn about taking responsibility for their health and fitness, while many also experience the rewards of competitive sports. We strive to create an environment where children can discuss, reflect, and recognize the positive impact physical education has on their overall learning, development, and well-being. Our goal is to nurture children who grow into happy and healthy adults, applying the skills and knowledge gained at St Finbar's throughout their lives.