

St Oswald's Catholic Primary School

CURRICULUM OVERVIEW



Physical Education



'Living, Learning and Loving Together with Christ'

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Overview

At St. Oswald's R.C Primary School we recognise that Physical Education (P.E) is a crucial part of a child's primary education, as it helps them to develop socially, actively and confidently. We believe that all children should have access to progressive physical activities in which they can acquire varying skills, and experience opportunities for success, co-operation and team building.



Intent



St Oswald's aim for physical education is to ensure that all pupils:

- develop competence to excel in a broad range of physical activities, develop control, cooperation, mobility and motor skills in varied movement based activities are physically active for sustained periods of time and lead healthy, active lives.
- engage in competitive sports and activities and develop a sense of fair play and sportsmanship, including the appreciation of each individual's limitations.
- develop a positive attitude to the subject and to realise their full physical potential.
- promote positive attitudes to the human body, fitness and hygiene
- develop an appreciation of the principles of safe practice.
- are given access to the full P.E curriculum regardless of gender, race or cultural background.

'Our Youth should be educated with music and physical education'

-Aristotle



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Implementation

KS1

- Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others.
- They should be able to engage in competitive (both against self and against others) and cooperative physical activities, in a range of increasingly challenging situations.

Pupils should be taught to:

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- participate in team games, developing simple tactics for attacking and defending
- perform dances using simple movement patterns.



KS2



- Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement.
- They should enjoy communicating, collaborating and competing with each other and should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Pupils should be taught to:

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games and apply basic principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance * perform dances using a range of movement patterns
- take part in outdoor and adventurous activity challenges both individually and within a team
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.
- children learn to swim in Year 4 and there are booster sessions in Year 6



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We strive to ensure that our pupil's attainment is in line or exceeds their potential when we consider the varied starting points of all our children. Through our progressive skill based curriculum we are measuring the children's ability, striving for them to meet their age-related expectations for their year group.

We intend the impact of our PE curriculum will ensure children will leave our school prepared for the next step in their physical education and life beyond primary school.



St Oswald's have a fantastic relationship with the Newcastle PE and School Sports Service, who support the PE Lead in ensuring there is a broad and balanced PE curriculum. We present the children with many exciting opportunities throughout the school year, including the opportunity for all children to take part in the Newcastle PE and School Sport's Healthy Active School Festivals. Children have also take part in many workshops including Cricket, Football, Tag Rugby and Basketball. We invite qualified instructors to come into school and work with the children to enhance the curriculum and provide CPD for staff members.

Impact

At St Oswald's we have developed our participation within competitive sporting activities and this has allowed children to compete at a variety of levels. We have many sporting teams and allow as many children as possible to compete. We have competed in Swim Galas, Football cups and leagues, High 5 tournaments, Hockey competitions, Cross Country and Darcey Bussell's DD Mix competition, as well as many other events.

St Oswald's are very proud to have achieved the Your School Games Gold award for the past three years and it is our aim to maintain this Gold status whilst applying for Platinum at the earliest possible time (After 5 years of Gold).

We are also aiming to increase the variety of sports we offer the children, to allow them to practise their fundamental skills in a range of contexts. We will be introducing a 6 week block of Rugby for each class (Y1 -Y6) along with Cricket for Y2-Y4. This will also open the opportunity to enter more competitions within the Newcastle Schools Competition Cycle.



'Intelligence and skill can only function at the peak of their capacity when the body is healthy and strong.'

-John F Kennedy



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