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**St Simon’s PE Statement of Intent**

**Intent***Why do we teach this? Why do we teach it the way we do?*

At St Simon’s Catholic Primary School, we value PE because we believe it gives children information that helps shape a brighter and safer future by keeping children healthy and teaching them healthy habits. It also teaches children key skills such as communication, resilience and working with others. Our high-quality PE education aims to engage and inspire pupils to establish a love of an active lifestyle and develop their talent as athletes. We believe every child should have the opportunity to nurture their potential and hereby increase their self-confidence, resilience and sense of achievement.

**Implementation***What do we teach? What does this look like?*

Our curriculum is shaped by our school vision, to STRIVE to be the best we can be for the Glory of God.

The aims of teaching PE at St Simon’s Catholic Primary School are to:

* Promote enjoyment in physical activity.
* Provide the opportunities for children to be physically active for sustained periods of time.
* Promote participation and an understanding of a range of physical activities.
* Develop the personal skills needed to compete in both competitive and cooperative competitions.
* Develop the core skills needed for children to lead healthy, active lives.
* Develop a reflective approach to evaluating performance and recognising their own and others’ successes.

In line with the National Curriculum, we ensure that children:

* Develop the fundamental skills of running, jumping, throwing and catching and are given the opportunity to use these in an increasing number of contexts both in isolation and in combination.
* Develop flexibility, strength, technique, control and balance allowing fundamental skills to be completed with greater success.
* Explore a range of tactics to aid in attacking and defending in a range of competitive games both in a team and as an individual.
* Use an increasing range of movement patterns to perform dances.
* 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.
* Swim competently, confidently and proficiently over a distance of at least 25 metres using a range of strokes effectively.

Our teaching and learning:

At St Simon’s Catholic Primary School, PE plays an integral part in school life. Every class has regular PE lessons in which the fundamental skills of throwing, catching, running and jumping are taught to develop the flexibility, strength, technique, control and balance of each child. These lessons are enriched with opportunities to link such skills to other curriculum areas. Children are exposed to a wide range of sports and this is facilitated by teachers and outside sources who come and deliver taster sessions as well as longer programmes. Children are exposed to the benefits of an active lifestyle through their work in other subjects. Children are given regularly opportunities to compete in competitions both within school and against other schools through our involvement with the SHAPES Alliance and the SSPSA.

From EYFS to Year 6, we use a range of resources when planning curriculum PE. These include the Key Steps Gymnastics and Val Sabin schemes. These schemes act as a basis for teachers to develop planning and ensure all objectives within the National Curriculum are being met. The Key Steps Gymnastics scheme also directly links into one of the competitions held by the SHAPES Alliance.

KS2 children are given the opportunity to complete weekly swimming sessions, delivered by swimming instructors, to allow them to meet the National Curriculum expectations that all children can confidently swim competently using a range of different strokes. They are also exposed to performing safe self-rescues in a range of scenarios. Every child in year 3, 4 and 5 attend these sessions for one term each academic year with the hope of them achieving the previously mentioned National Curriculum objectives by the end of Year 5. Those who do not, are provided with extra session in Year 6 to allow them to have more opportunity to achieve these objectives.

Year 6 pupils are also given the opportunity to take part in a range of outdoor and adventurous activities through a residential trip to Robinwood. This trip usually takes places in the first Spring half-term. During the residential the children take part in a range of activities (individually and as a team) which allows them to develop key skills including; resilience, communication, teamwork and problem-solving.

Children take part in extra sports sessions, delivered by qualified coaches, during Lunchtimes. Each Year group is given a specific day for their sessions and these sessions are focused on upcoming sport competitions for those key stages. The focus sports are provided to the sports coaches by the curriculum leader and the coaches develop opportunities to develop the skills needed to succeed within the focus sport.

The school provides a range of sporting extra-curricular activities for children to partake in. These are delivered by teachers and coaches (when necessary). The activities include Hi-5 Netball, Girl’s and Boy’s football and Tri-golf. These clubs are held weekly throughout the academic year (weather depending) and take part in competitions provided by both the SSPSA and the SHAPES Alliance.

To highlight the importance of PE time is given to celebrate sporting achievements in weekly assemblies. These achievements may be for sporting clubs or external clubs outside of school.

**Impact***What will this look like?*

By the time children leave St Simon’s Catholic Primary School they will:

Actively live a healthy lifestyle, understanding its importance, and have the necessary skills to excel in a broad range of physical activity.

This will be evident through:

* Being physically literate and confidently using fundamental skills to participate in a range of physically active contexts.
* An excellent awareness and appreciation of the benefits of a healthy and active lifestyle.
* The ability to give precise verbal explanations using sporting terminology appropriately.
* A passion for and a motivation to participate in a range of physical activities.

The integral nature of the PE curriculum at St Simon’s creates rich opportunities for children to access fundamental skills including:

* A respect for **spiritual**, cultural and historic diversity.
* Being **trusted** when interacting and working with others.
* Increased **resilience** to continue trying and improving through a process of self-reflection.
* An **inquisitive** nature to explore new things and take risks.
* Being **valued** both individually and as part of a team.
* A sense of **exceptional** achievement.