



Physical Education Intent

Learning for Life Anchored in Christ

Intent

As a Church school, the teachings of the bible guide and influence every aspect of school life, including the curriculum for PE, which has been enhanced/constructed around our school vision, which is encapsulated by #LearningForLifeAnchoredInChrist. We believe that through working together with our unique school community, we can inspire happy, courageous, independent, curious, creative, life-long learners who are proud of their community, heritage and identity. In addition to this, as part of the Birmingham Diocesan Multi-Academy Trust (BDMAT), we also strive to provide an experience that reflects their vision, “life in all its fullness” (John 10:10).

At St. Clement’s C of E Academy, we believe that all children should have access to high quality Physical Education (PE) and that PE should be an integral part of the whole school curriculum. We recognise that high quality PE provision supports a foundational knowledge and mindset to ensure our children have healthy eating and healthy exercise habits. Additionally, we aim to provide our pupils with regular and varied opportunities to develop a life – long passion for Physical Education and Sport through fun, engaging and active PE lessons. We recognise that PE and sport make an extensive contribution towards aspects of pupils’ social, moral, spiritual and cultural development for them to form part of a global community. Additionally, we utilise local opportunities to inspire lifelong learning and participation.

We strive to give as many children as possible the opportunity to compete in a variety of competitions, as part of lessons, or by representing the school at local events. Through competing, children will develop themselves socially and learn how to win or lose, gracefully and with humility.

Pupils will:

1. Enjoy PE and Sport
2. Be committed to PE and value the part sport plays in their lives – both in and out of school.
3. Develop stamina, strength and speed to enable the to become live long participants in sport and exercise.
4. Be exemplary team players who act with humility and dignity.

Swimming is an important life skill, and as such we aspire for all children to leave primary school being able to swim at least 25 metres. Our curriculum meets the national curriculum for PE aims; to ensure that all pupils: develop competence to excel in a broad range of physical activities; are physically active for sustained periods of time; engage in competitive sports and activities; lead healthy, active lives.

We want our children to leave St Clement’s knowing that it is possible for them to achieve their aspirations having developed attitudes of curiosity, originality, co-operation, perseverance, open mindedness, self-criticism, responsibility and independence in thinking.

Implementation

Each class has two hours of physical education each week. One of these sessions is delivered with the support of Aspire coaches. Each term one key stage 2 class has swimming as their second session.

Pupils have access to physical education and activity through a range of extra-curricular activities and enrichment as well as in house sports tournaments at lunchtime run by coaches and school staff.

The children have access to forest schools throughout the year and in the summer, there is sports day and adventure activities such as Woodlands Adventure centre. We use Getset4PE to support our delivery of PE. This ensures that non specialist staff are supported to deliver high quality PE. This also gives us access to family activities to encourage healthy lifestyles and physical activity. We share these with families half termly.

Many staff have had training in Kids Yoga and the children participate in daily yoga session. Research has shown that yoga can benefit children's mental health and well-being, as well as their physical health.

As we know our children have a range of outside influences that impact their resilience, we decided that daily yoga would have a positive impact not only on their resilience but on their self-esteem.

The main benefits of yoga for kids are:

helps with self-control, reduces stress and anxiety, improves focus and attention span, trains fine and gross motor skills, builds strength and flexibility, teaches how to regulate emotions, benefits health, impacts relationships with parents, boosts self-esteem and confidence and helps with better sleep.

The promotion of a language rich PE curriculum is essential to the successful acquisition of knowledge and understanding in Physical education. The promotion and use of an accurate and rich vocabulary throughout school is planned in every PE lesson.

Impact

The intended impact of our PE curriculum; Children gaining a greater understanding of the importance of Sport and Physical activity on their physical and mental wellbeing.

The large majority of children will achieve age related expectations in PE.

As designers, children will develop skills and attributes they can use beyond school and into adulthood. Understanding of the importance of making healthy life choices and promoting physical activity. Each unit of the Getset4PE curriculum that we follow has assessment opportunities built into lessons for both formative and summative assessment sheets that can be completed at the end of each unit. Pupil voice and Subject lead monitoring is another way of assessing impact.