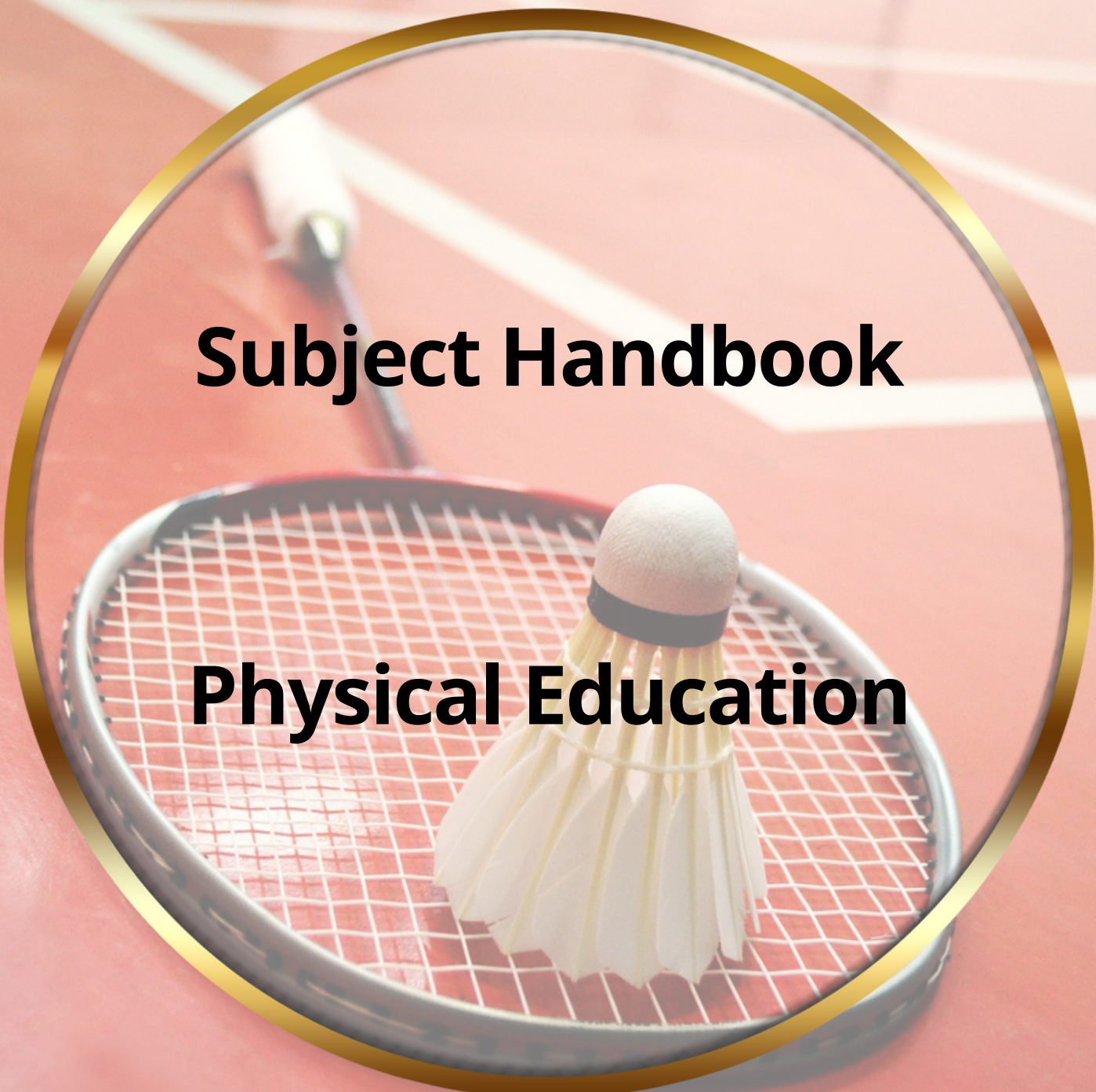




# **Subject Handbook**

## **Physical Education**



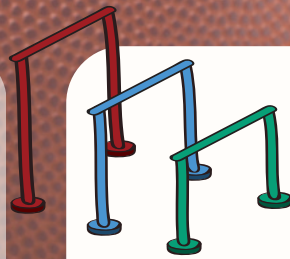


# Physical Education Handbook

## Vision for PE

All children at Guardian Angels Catholic Primary School experience excellent physical education, school sport and physical activity that will lead to life-long participation.

Our PE curriculum aims to ensure that all pupils develop the fundamental skills and competence to excel in a wide range of physical activities by providing a broad and balanced curriculum with opportunities for all to be enjoyed



## Our PE Curriculum

Physical Education is a beautiful opportunity to develop the whole child. Children experience a rich, broad and balanced PE curriculum. Through PE, children at Guardian Angels develop behaviour and attitudes that will benefit them throughout school life and beyond.

We aim to provide opportunities for pupils to become physically confident in a way that supports their health and fitness, whilst boosting self-confidence, self-esteem and supporting the development of social skills; encouraging all children to become successful, lifelong learners. We are aware that research has shown a direct link between children's physical and mental health and therefore we aim to provide experiences that will inspire pupils to not only develop physically but ensure mental wellbeing and a desire to succeed.

As the children move through the school, knowledge and skills are built upon and learning takes place sequentially. Our curriculum is designed in a way that enables the teachers to have the flexibility to ensure that the children develop knowledge and skills through the use of a wide range of sports.



## Our PE Curriculum Will Enable Pupils to:

- To encourage children to work and play with others in a range of group situations;
- To develop the way children perform skills and apply rules and conventions for different activities;
- To increase children's ability to use what they have learnt to improve the quality and control of their performance;
- To teach children to recognise and describe how their bodies feel during exercise;
- To develop the children's enjoyment of physical activity through creativity and imagination
- Children are physically active for sustained periods of time
- Children lead healthy, active lives

## Intent

**At Guardian Angels we want to provide a wealth of opportunities for children to lead healthy active lives, which inspires all, through a high quality creative curriculum that builds on the core skills of developing agility, balance and co-ordination. It also enables children to develop self-belief through healthy competition and cultivate respect through cooperative learning, as well as building lasting friendships.**

**We endeavour to provide an extensive range of extra-curricular activities that will allow children to experience new types of sports. PE is well embedded throughout the whole school, where it is inclusive to all children, it provides challenge and support to enable children to feel empowered to branch out and make good progress.**



## Implementation

Guardian Angels Primary School fully adheres to the aims of the National Curriculum for Physical Education to ensure all children; 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 and lead healthy, active lives. Every child throughout school has 2 hours of taught PE curriculum and we use a combination of coaching and PE Hub scheme of work scheme to provide us with a structured curriculum. Our medium and long term plans are designed to allow all pupils at Guardian Angels Primary School the opportunity to achieve the curriculum aims. They are adaptable to allow us to meet the complex needs of our pupils and allow them to achieve their full potential in a fully inclusive approach.

PE is a vital part of the curriculum and promotes a healthy lifestyle for all of our children encouraging them to be alert and active. Children are taught the importance of keeping their bodies healthy and active within PE lessons and take on challenges to build confidence and leadership.



