St John and St James Physical Education

Jesus said, 'I have come that you will have life, life in all its fullness.'

At St John and St James CofE Primary School, we recognise that high-quality physical education is essential to pupils' physical development, mental well-being and personal growth. PE is delivered within a safe, inclusive and supportive environment, enabling all pupils to access and succeed in physical activity regardless of starting points.

Our curriculum intent is fully aligned with the National Curriculum and is carefully designed to ensure progression in physical skills, knowledge and understanding. Through a broad and balanced programme, pupils are given opportunities to develop competence, confidence and resilience, enabling them to achieve personal bests and demonstrate excellence in both individual and team-based activities, including competitive sport.

The PE curriculum actively promotes our core values of respect, community, perseverance, learning, excellence and kindness, which are embedded across lessons, inter-house competitions and themed sporting events. Pupils are encouraged to work collaboratively, show positive sportsmanship, reflect on performance and demonstrate determination, supporting the development of character, leadership and lifelong engagement in physical activity.

In the EYFS, practitioners should:	**During Key Stage 1**	**During Key Stage 2**
• Plan activities that offer appropriate physical challenges, ensuring sufficient space both indoors and outdoors to support these activities. • Allow children ample time to explore a range of equipment and where possible, teach half the class at a time to maximise engagement and support. • Provide versatile resources that can be used in multiple ways to develop specific physical skills. • Introduce and reinforce the language of movement alongside the children's actions to support understanding and communication. • Ensure children with physical disabilities or motor impairments have time and opportunities to develop their physical skills, working collaboratively with physiotherapists and	During Key Stage 1, pupils should develop knowledge, skills and understanding through dance, gymnastics and games activities. Pupils should build core movement skills, become increasingly competent and confident and have access to a broad range of opportunities to develop agility, balance and coordination both individually and collaboratively. They should engage in competitive activities, both against themselves and others, as well as cooperative physical activities, experiencing a variety of increasingly challenging situations.	Key Stage 2 pupils should have access to all components of the National Curriculum Programme of Study, including Athletics, Dance, Games, Gymnastics and Swimming. Pupils should continue to develop and apply a broader range of skills, learning to use them in different ways and to link them to create actions and movement sequences. They should enjoy communicating, collaborating and competing with others, while developing an understanding of how to succeed in a variety of activities and sports. Pupils should also learn to evaluate their own performance and recognise their achievements.

occupational therapists as needed.		

Planning

Long-term, medium-term and short-term PE plans, along with other useful resources, are stored on class teachers' computers and updated as required. The school follows the **GetSet4PE** scheme of work to support planning and delivery.

Each lesson should include a cardiovascular warm-up, mobility exercises and stretching of the relevant muscles, with the warm-up closely linked to the main activity. Pupils should be physically active for sustained periods during every lesson. Lessons should also include a cool-down or plenary, with a clear learning objective and stated outcomes.

The use of visual aids and IT is strongly encouraged to enhance teaching and learning.

Teaching

The PE curriculum is designed to provide a broad and balanced programme of physical activities. It is delivered by class teachers and our external sports coaches from **Impact Sports Education**, who work collaboratively to ensure high-quality teaching. Opportunities for cross-curricular links are identified and incorporated where appropriate. Pupils receive PE twice a week, with one session led by the external sports coach and one by the class teacher.

Resourcing and display

- All resources can be found on our school shared drive.
- Our PLAY display highlights the importance of children being active and creative during Playtime.

Excursions and Incursions

- Pupils have the opportunity to take part in a variety of sporting trips throughout the year.
- Football Tournaments
- Netball Tournaments
- Dance Showcases
- Trip to Tottenham Hotspur Stadium and Wembley Stadium

Other Events

- Elf Day – To raise money for Alzheimer's
- Show Racism the Red Card
- Race for Life
- Sports Week
- Whole school World Cup and Euros competitions.

Assessment

Teachers use GetSet4PE to assess children. The scheme provides clear learning intentions and success criteria for each unit, outlining what pupils should know, understand and be able to do. Teachers observe and assess children during lessons, focusing on the development of physical skills, application of techniques, knowledge of rules and tactics and personal attributes such as teamwork and resilience.

Monitoring

Monitoring is carried out by the PE Subject Leader and includes:

- Learning walks during lessons to observe teaching and pupil engagement
- Reviewing timetables to ensure appropriate coverage of the curriculum
- Evaluating videos and images from dance and gymnastics lessons to assess skill development