



## What PE looks like at St James' CE Primary School

<p><b>Intent</b></p>	<p><b>What we are aiming for in PE:</b></p> <p>At St James', it is our aim to provide a PE curriculum that is educational, motivating and challenging for every child. PE should be enjoyed by all and children should feel comfortable and confident to develop their physical skills as well as their physical literacy. We intend on delivering a broad and well-balanced curriculum that ensures children develop a wide range of physical skills, as well as the knowledge to explain the importance of physical activity and a healthy, active lifestyle. We want the curriculum to inspire pupils to enjoy, progress, succeed and excel in competitive sport and other physically-demanding activities. It should provide all students with the opportunity to explore a range of sports/physical activities in a safe, supportive and encouraging environment. PE sessions provide children with regular, scheduled time to be physically active in the week, encouraging learners to make sure time is made for our physical and mental health, promoting lifelong participation. PE should also help to develop life skills and embed life-long values such as fairness, teamwork, respect and equality.</p>
<p><b>Implementation</b></p>	<p><b>What PE looks like in our school:</b></p> <ul style="list-style-type: none"> <li>• Staff use champions PE scheme which helps to ensure that children are getting access to a wide range of sports and physical activities. This provides opportunities for all children to develop new and different physical skills, as well as knowledge about the skills they learn.</li> <li>• Children take part in one sport-based PE lesson and one fitness-based PE lesson per week. Sport based sessions include: invasion games, net and ball games, striking and fielding games, gymnastics, dance and swimming. Fitness based units include: Circuit training, strength training, running, skipping, boxercise and Pilates.</li> <li>• The PE long term plan sets out the different PE units that each year group should be completing throughout the year. It includes a mix of champions PE units and outside agency bookings which will further benefit the pupils at St James', such as swimming.</li> <li>• St James' works with School Sports Partnership Bedford (SSP), to provide further opportunities to children such as: specialist PE units and lessons, intra-school sports competitions and external PE and sports events/competitions. These events are extremely inclusive and are excellent at developing teamwork and leadership skills. Children also really enjoy these opportunities.</li> <li>• SSP, school staff and young leaders provide lunchtime and afterschool sports club opportunities to children.</li> <li>• Children in Year 4 and 5 swim annually.</li> <li>• Outdoor learning opportunities provided to all year groups, in the form of internal activity days for Early Years &amp; KS1 and external activity days and residential trips for KS2.</li> </ul>
<p><b>Impact</b></p>	<p><b>What will the results be?</b></p> <p>The result is educated, happy, healthy and confident children. It is St James' job to provide the quality teaching of the broad but balanced PE curriculum on offer. Pupils are provided with such a range of activities/opportunities linking to PE and sport. St James' motivates and encourages students to participate and have fun with PE, which in turn, promotes lifelong participation leading to healthy and happy children, and adults as they move through life. Our students learn to take responsibility for their own health and fitness and are supported in finding areas that they enjoy the most. PE at St James' supports children by embedding values which will help them in all areas of life such as teamwork, fairness, respect, perseverance and dedication.</p>