Physical Education

Intent

We study PE to develop the physical, social and emotional well-being of our students. At St Michael's we aim to provide an engaging and challenging curriculum that allows (all) students to achieve.
A broad and balanced physical education curriculum is intended to provide for pupils' increasing self-confidence in their ability to manage themselves and helps them develop a life-long love of physical activity. Progressive learning objectives, combined with varied teaching approaches, provide stimulating, enjoyable, satisfying and appropriately challenging learning experiences for all pupils.
At St Michael's we develop attitudes, skills and knowledge required to be a team player and leader and provide exciting sporting experiences for children throughout their time with us.
A balance of individual, paired and group activities; in co-operative, collaborative and competitive situations, aims to cater for the strengths and needs of every pupil. These activities, experienced within a broad physical education curriculum, aim to promote a broad base of movement knowledge, skills and understanding. They are also intended to develop every pupil's ability to work independently and to respond appropriately and sympathetically to others, irrespective of their age, gender, cultural or ethnic background. Students will develop physical, technical and tactical sporting skills; enhanced by an embedded focus on mental skills such as resilience, determination and confidence.
The activities offered and the teaching approaches adopted seek to provide pupils with opportunities to develop their creative and expressive abilities, through improvisation and problem-solving. Pupils are encouraged to appreciate the importance of a healthy and fit body, and to begin to understand those factors that affect health and fitness

Implementation

At St Michael's we teach lessons following the Scheme PE HUB so that:
- Children participate in high-quality P.E lessons twice a week covering two different sports/skills per term.
- Teachers use 'the PE Hub' planning and resources to ensure lessons across years show progression.
- Children have the opportunity for physical activity during morning and lunchtime breaks on a well-equipped school yard, stocked with resources.
-Children develop an increasing ability to select, link and apply skills, tactics and compositional ideas (selecting and applying)

- Children participate in a variety of competitive sports through interschool and inter-house competitions
-Children develop an understanding of the effects of exercise on the body, and an appreciation of the value of safe exercising (knowledge and understanding of fitness and health).
- Children attend swimming lessons from Reception onwards.
- We provide children with opportunities to participate in extra-curricular activities that are inclusive, enjoyable and increase children's physical activity.

Impact

At St Michael's, we ensure that our PE curriculum is progressive and allows children to develop fundamental skills and apply them to a variety of sports and activities.
We hope children will leave our school with a keen interest in PE, a willingness to participate in sport with positive attitudes and a good level of physical fitness, which will help them to live healthy lifestyles. Children have access to a wide range of activities with the belief that if taught well and children are given opportunities to succeed, then they will continue to have physically active life once they leave primary school.
We hope children will understand the values and importance of fair play and being a good sportsperson.
All children are provided with the skills and given opportunities to demonstrate improvement to achieve their personal best.
Our pupils are physically active and this has positive implications on their learning in the classroom. Children understand how to lead a healthy lifestyle and understand the importance of exercise.
The use of assessment and questionnaires (pupils and staff) and by talking to children the quality of lessons and confidence in the teaching of PE improves and as a result the enjoyment and positive outcomes increases.