

*6. 1 Corinthians 6:19-20 Do you not know that your body is a temple of the Holy Spirit within you, whom you have from God, and that you are not your own? For you have been purchased at a price. Therefore, glorify God in your body.*



At St. Francis Xavier Catholic Primary School we are committed to providing all children with learning opportunities to engage in Physical Education.

Physical Education develops the children's knowledge, skills and understanding, so that they can perform with increasing competence and confidence in a range of physical activities. These include dance, games, gymnastics, swimming and water safety, and athletics. Physical Education promotes an understanding in children of their bodies in action. It involves thinking, selecting and applying skills and promotes positive attitudes towards a healthy lifestyle, enabling them to make informed choices about physical activity throughout their lives.

***At St Francis Xavier we aim:***

- To enable children to develop competence and explore physical skills with increasing control and co-ordination
- To encourage children to work and play together in a range of group situations
- To develop the way children perform skills and apply rules
- To encourage children to be physically active for sustained periods of time and to develop an enjoyment in physical activity
- To engage in competitive sports and activities and help children develop an understanding of how to succeed and evaluate success
- To teach children and encourage them to lead healthy active lives through recognising and describing how their bodies feel during exercise
- To promote communication, speaking and listening skills
- To provide children with a skillset which can be used and developed throughout their lives

**Implementation:**

- ✓ Each class is timetabled two PE sessions a week.
- ✓ Each class will be taught by their Class teacher and throughout the year, our Sports Instructor from Premier Education.
- ✓ Children are all given regular opportunities to participate in after school and/or competitive sporting activities.

## **EYFS:**

We encourage the physical development of our children in the reception class as an integral part of their work. Physical development within the EYFS framework underpins the curriculum planning for children aged three to five years of age. We encourage the children to develop confidence and control of the way they move, and the way they handle tools and equipment. We give all children the opportunity to undertake activities that offer appropriate physical challenge, both indoors and outdoors, using a wide range of resources to support specific skills.

The two related early learning goals are:

### **Expected**

- Moving and handling - Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space.
- Health and self-care - children know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe.

### **Exceeding**

- Moving and handling - Children can confidently hop and skip in time to music.
- Health and self-care - Children know about and can make healthy choices in relation to healthy eating and exercise. They can dress and undress independently, successfully managing fastening buttons or laces.
- Children access a range of daily activities to develop their fine and gross motor skills and have unlimited access to a dedicated outside area. In addition to this, they also have a weekly PE lesson.

## **KS1 pupils will be taught to:**

- Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.
- participate in team games, developing simple tactics for attacking and defending.
- perform dances using simple movement patterns.

## **KS2 pupils will be taught to:**

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.
- develop flexibility, strength, technique, control and balance
- perform dances using a range of movement patterns.
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.

## **Impact:**

children will have an increased participation in physical activity and an understanding of how and why we need to keep healthy. Through our Emmaus MAC school links, children will have increased opportunities to compete and participate in a diverse range of sports. They will have a love of physical activity that is sustained to improve their life.