

# Curriculum Statement

## PE

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“You can’t put a limit on anything. The more you dream, the further you get.”

Michael Phelps

## Intent

At St Michael’s CE Primary School, we believe that physical education is an essential part of learning for our children. They learn to understand, control and exert their bodies, developing skills of coordination, balance and agility. PE enables our children to learn how to work independently, the importance and strength of teams and how strategy and tactics can be more important than speed or strength. They learn to accept success and defeat with grace and to strive to improve at all levels.

## Implementation

At St Michael’s, children are taught PE by both class teachers and specialist PE providers. At least 2 hours each week is spent on a range of activities indoors and outdoors. Our curriculum is based on Real PE which plans for the progression of skills across the school. This feeds into the lessons provided by our sports coaches. All children are asked to challenge themselves to make continuous improvements, not resting on “good enough”. The children in Years 5 and 6 also have the opportunity to attend weekly swimming lessons in the spring term where they develop their speed and precision with the variety of strokes as well as developing their water confidence which is a valued life skill. In keeping with our school vision, all children are encouraged to go above and beyond and to aspire to improve their capabilities.

Children are also encouraged to take part in physical activities throughout their school day with the inclusion of the daily mile using our playground markings and with the attendance of a sports lunch club at lunch time. We also provide children with the opportunity to extend their skills in our after-school clubs and through attendance at tournaments where they can represent our school in a team.

## Impact

By the time the children leave St Michael’s Easthampstead Primary School, they will have:

- Experienced a range of sports and activities both individual and team based.
- An understanding of how important it is to look after our bodies and to avoid things that may affect the function of our bodies.
- An understanding of how to transfer the skills that they have learnt to a number of sports.
- An understanding of how to achieve their own personal best through resilience and repetition.
- A willingness to participate in every PE lesson with determination and the aspiration to succeed.
- The skills to be able to assess their own and others performance in different sport styles and to evaluate this to identify where they could improve.

- Great teamwork skills from attending tournaments and being able to have these opportunities in their lessons.
- The confidence and ability to swim at least 25 metres before the end of KS2 as well as having the knowledge and skills to stay safe around water.