



### **Curriculum Intent: PE**

*We believe that the core knowledge taught in P.E lessons is essential for all children to help them discover their talents and passion and learn how to lead a healthy and active lifestyle, now and in the future as adults. In P.E the children develop the skills needed for a range of activities and learn about teamwork, resilience, respect and sportsmanship. Physical activity will be threaded through lessons and not just taught in P.E.*

*Physical activity is key in maintaining children's mental health and wellbeing.*

*P.E teaching should provide the foundation for a deep interest in physical activity and sport into adulthood. By the end of their infant school years our children will have begun to develop the fundamental movements required (coordination, balance, agility, running, jumping, throwing and catching) to take part in any team game or sport.*

*We strive to build a life-long understanding of the importance of physical activity and leading an active lifestyle, throughout the school day and beyond.*

*We aim for all pupils to achieve and succeed in their physical education, regardless of their starting points and nurture the talents of our pupils to compete at a variety of levels.*

*We provide a progressive curriculum that prepares pupils for their next stage of learning and allows them to build upon their previous knowledge and skills.*

*We do all of this underpinned by the key values of self-belief, respect, teamwork and determination.*

### **Core Principles for the Teaching of P.E at Our Lady and St Edward Catholic Academy**

***Pupils at OLSE learn through a PE curriculum that will:***

- **develop excitement and curiosity** about different sports through the skills they are taught and opportunities they are given.
- **give children the confidence** to practise and apply skills, to take part in team games and engage in competitive activity.
- **explore** how to use imagination and creativity to choreograph sequences of movements.
- **develop knowledge** and deepen children's critical thinking skills while helping themselves and others improve performances.
- **ensure their accurate use and understanding of specific vocabulary**
- **inspire and challenge them** through the provision of different experiences.

- **empower them to have fun while developing positive attitudes towards physical activity and P.E**