

## **PE at St Michael's School**

At St Michael's, we want all our children to have a love and understanding of PE, sports, activities and health. To be sports people who are ready to address all the challenges life presents us and understand the importance of choosing to be active whenever possible throughout their lifetime.

### **Intent**

Our curriculum is designed to take children on a journey which starts with the fundamental skills of movement; agility, balance and coordination and a focus on inclusive competition. All of our lessons are differentiated for all abilities.

It is then expected that these skills will continue to be used in 'more traditional PE lessons' as we move from Fundamental Games Skills and modified games and activities in LKS2 to recognised adapted sports and games in UKS2. By the end of each block of activity the children will be ready to take part in competition or display work. Throughout their time at St Michael's, children will attend interschool competitions and festivals such as the school games and dance festival.

The central focus of all our learning is the child, ensuring every child is involved in every part of each lesson, no matter what their initial skills sets are. Our hope is that each child leaves the lesson with happy memories and a passion for more knowledge and practical experiences in the future.

We achieve this by providing a rich, diverse curriculum, underpinned by our school's core values of Respect, Honesty and Love, enabling every member of the school community to have a 'Lifetime Love for Learning'.

### **Implementation**

In addition to being integrated into many other curriculum areas and during numerous points of the day, Physical Education is discretely taught each week.

Physical education starts in EYFS and Key Stage One, where it is embedded into continuous provision, with the children being presented with opportunities to develop gross motor skills, physical strength, balance agility and coordination on a daily basis. In PE lessons the children experience a multi-ability approach, with an emphasis on the fundamental skills of movement. Throughout the lessons, children will be exposed to inclusive competition and sharing of performances. The children are encouraged to take responsibility for their own development by regularly being given the opportunity to adapt and modify activities to provide challenge.

In Key Stage Two we build upon the skills already covered and we explore a broader range of sports and activities, firstly through recognised adapted activities and then when appropriate we move onto governing body recognised modified games such as netball, golf, tag rugby and cricket. By the end of each block of work on an activity, the children will have experienced competition or display work.

We start teaching gymnastics, dance, ball skills and athletics in Reception, and continue to revisit these specific activities each year in order to ensure depth of knowledge and increasingly developed skills.

In Lower KS2 children will take part in swimming lessons and they will be invited to further lessons if they are unable to swim 25m at the end of the block.

Throughout their school journey we also follow the REAL PE curriculum which teaches children the learning behaviours that support good sportsmanship: personal skills, social skills, cognitive skills, creative skills, physical skills and health and fitness.

Throughout the school the children experience both intra and inter-school sporting competitions and performances, such as the school Games festivals, Marlborough Dance Festival and Wiltshire SEND Panathlon.

Physical Education, physical activity and sports are a highly valued part of life at St Michael's, with staff regularly looking for opportunities to develop learning whilst being active. House days always include an element of physical activity and no one wants to miss the culmination of our annual sports day 'The Big Wheel'. We run a range of extra-curricular clubs and have a particularly close relationship with the coaches at Wiltshire cricket and Swindon Town Football club.

### **Impact**

Through sports our children learn the value of teamwork – to care for one another, to trust, to support their team and to play fairly. The children embed values such as respect for each other, the umpires, coaches and all young leaders involved. They are competitive but also understand the value of participation so they have the courage to put themselves forward and try new opportunities. Inclusion is of vital importance; every child is given the opportunity to learn within lessons and to compete and represent the school. Through our PE curriculum, children develop strong personal skills of perseverance, personal challenge, leadership skills and to describe the basic components of fitness.