



## Physical Education at St Luke's

### Intent

At St Luke's, we believe that Physical Education (PE) is an essential subject that fosters lifelong physical activity, healthy lifestyles, promotes physical and mental well-being, resilience and social development. Our PE curriculum is designed to instil a love of physical activity, movement, encourage participation in a variety of sports and other physically demanding activities and develop essential life skills. At St Luke's, we aim to equip pupils for their future through a well sequenced PE curriculum enabling pupils to develop the knowledge, skills and attitudes needed for their present and their future. We aim for readiness.

Through our PE lessons, we aim to develop the following in our pupils:

**Physical competence:** Pupils will acquire, develop and refine fundamental movement skills including locomotor, manipulative, coordination and stability skills allowing them to participate in a wide range of physical activities.

**Fitness:** Pupils will gain an understanding of healthy lifestyle habits and develop the physical attributes that contribute to overall health and well-being such as cardiovascular endurance, strength, flexibility and agility.

**Personal, social and emotional development:** Children will build their self-confidence, self-esteem and self regulation fostering resilience, teamwork, leadership and respect for others.

We embed the values of fairness, sportspersonship, inclusion and respect through competitive sports and physically demanding activities.

By the time our pupils leave us at the end of KS2, they will have developed their competence in a range of sports and physical activities so they go on to live active, healthy and happy lives.



## **Implementation**

All children participate in weekly PE lessons as well as morning exercise activities to enable them to be physically active for sustained periods of time. The curriculum is delivered through a variety of engaging areas such as:

**Hands on activities and games:** Children will actively participate in a range of physical activities, including games, sports and creative movement activities encouraging physical engagement and skill development.

**Varied teaching approaches:** We employ a variety of teaching methods such as direct instruction, demonstration, peer modelling and group work to ensure all children are supported in their learning.

**Cross curricular links:** PE is integrated with other subjects such as mathematics, science, literacy and computing to promote a holistic learning experience and to develop essential life skills.

**Technology integration:** We use technology such as interactive whiteboards, iPads and stopwatches to enhance PE lessons and provide opportunities for data analysis and feedback.

Our learners develop their PE skills through games, gymnastics and dance activities with pupils in EYFS and KS1 mastering fundamental movements skills, participating in team games and performing routines. Pupils continue to apply and develop a broader range of ability into KS2, improving skills related to a range of competitive sports and games, developing tactical awareness and leadership skills.

The specialist sports HLTA in conjunction with the SENCO leads and advises on movement sessions for children whose physical literacy requires additional support or children who lack confidence or require a physical outlet and to develop early language skills.

The specialist team of staff enable focused teaching and support, whilst providing a range of increasingly challenging situations.

Pupils swim safely and with increasing confidence and competence and develop their proficiency over a distance of 25 metres using a range of strokes.



## **Impact**

Children at St Luke's are engaged and happy in PE lessons and show progressive improvement year on year to become physically confident sportspeople and strive for their personal best and this is evident in:

**Improved physical competence:** Pupils demonstrate enhanced fundamental movement skills and increased participation in physical activities.

**Enhanced health related fitness:** Pupils exhibit improved levels of endurance, strength, flexibility, and overall increased levels of health and well-being.

**Positive social and emotional development:** Children display increased self-confidence, self-esteem, resilience, teamwork, leadership and respect for others fostering positive social interactions.

**Lifelong participation in physical activity:** Pupils develop a positive attitude towards physical activity leading to increased participation in physical pursuits throughout their lives,

Pupils enjoy leading, collaborating, competing and communicating with each other using, reading and making sense of core vocabulary. Our pupils are successful and represent the school in inclusive sporting events and borough wide competitions often winning or placing in the medal positions.

Through PE, pupils develop their leadership skills, advocating a love of sports and physical activities. Our pupils know that sustained physical activity leads to a better life expectancy and personal wellbeing.