



Curriculum Intent, Implementation and Impact 2022-23

Physical Education



Curriculum Intent	We know that Physical Education, experienced in a safe and supportive environment, is essential to ensure children attain optimum physical and emotional development and good health. We intend to deliver high-quality teaching and learning opportunities that inspire all children to succeed in physical education and in developing life skills. We want to teach children skills to keep them safe such as being able to swim. It is our intention to build a curriculum that enables children to develop knowledge, skills and vocabulary in a broad range of sporting activities, as well as developing values and transferrable life skills such as tolerance, fairness and respect. We also want to teach children how to cooperate and collaborate with others as part of an effective team, understanding fairness and equity of play to embed life-long values. Through enrichment activities and after school clubs, we aim to raise the profile of PE and expose our children to sports they may never have had the opportunity to engage with. Our curriculum aims to improve the wellbeing and fitness of all children at St Cuthbert's Junior, not only through the sporting skills taught, but through the underpinning values and disciplines PE promotes.
Curriculum Implementation	PE is both challenging and enjoyable learning through a range of sporting activities including; invasion games, net & wall games, strike and field games, gymnastics, dance, swimming and outdoor & adventure. The long term plan sets out the PE units which are to be taught throughout the year and ensures that the requirements of the National Curriculum are fully met. Pupils participate in two high quality PE lessons each week, covering two sporting disciplines every half term. In addition, children are encouraged to participate in the varied range of extra-curricular activities. Lunch time sports clubs are available weekly and children can attend after school sport clubs every day. Children are invited to attend competitive sporting events within the local area. This is an inclusive approach which endeavours to encourage not only physical development but also mental well-being. These events also develop teamwork and leadership skills and are very much enjoyed by the children. Each year a small group of Year 6 children are invited to become Sports Leaders for the school. This is part of the Inspired Schools programme which pupils lead every lunchtime. They lead and mentor younger children in different games and sports. Children participate in outdoor adventure week during the summer term. They are able to experience sports and activities they may not have experienced such as climbing wall, caving, archery, orienteering and blind trail. We use sports funding to pay for the specialist equipment to be brought to school and all pupils are able to experience new sports and become excited about sport. Each year group from Year 3 to Year 6 have the opportunity to attend swimming tuition for 10 weeks.



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Curriculum Impact

Our curriculum aims to improve the wellbeing and fitness of all children; not only through the sporting skills taught, but through the underpinning values and disciplines that PE promotes. Through strong links with PHSE we promote the overall well-being and health of each child through teaching about self-discipline and that to be successful you need to take ownership and responsibility of their own health and fitness. In all classes, children possess a wide range of physical abilities. Whilst recognising this fact, we provide suitable learning opportunities for all children by matching the challenge of the task to the ability of the child. Children make good progress in PE and are eager to attend after school clubs and competitive sports events. Children have reported that they enjoy the range of sports clubs on offer and these are attended well.