



**St Joseph's Catholic Primary School, Jarrow**  
**PE Curriculum Rationale**  
**2022-23**



## **Intent**

At St Joseph's the skills, values and opportunities created through Physical Education play a vital part in the daily lives of our children. Physical activity not only has a positive impact upon academic learning but also the physical, mental and emotional well-being of our children.

The Physical Education curriculum within St Joseph's inspires all pupils to thrive and excel in skill, understanding, competitive sport and aesthetic challenges of physical activity. Engaging in a broad and balanced PE curriculum, enables all pupils to grow in competence and confidence, being challenged to embrace roles beyond the learner such as umpire, coach and official. PE also provides plentiful opportunities to build and mould character, embedding key transferable values such as equality, teamwork and respect which can be applied throughout the curriculum.

Imparting an appreciation of school sport provides all children with a sense of belonging, witnessing the power of sport in bringing together not only school but also the local and global community through various sporting events. The range of skills and activities delivered including; athletics, games, dance, gymnastics, OAA and swimming allow children to explore a range of positive experiences, which provide a healthy foundation to build upon instilling a life-long understanding of the benefits of an active lifestyle.

## **Implementation**

St Joseph's upholds the government requirement of delivering a minimum of 2 hours of physical activity per week. Purposeful learning is delivered through modelling of key skills and self-exploration of rules and tactics. In addition, children are provided with ample opportunities to develop skills through a well-populated extra-curricular timetable, delivered by school staff with sports / activities changing on a termly basis. External agencies are also brought in to provide staff CPD and widen the opportunities available to our school community.

*We aim to ensure that KS1 pupils:*

- Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.
- Participate in team games, developing simple tactics for attacking and defending.
- Perform dances using simple movement patterns.

*We aim to ensure that KS2 pupils:*

- Use running, jumping, throwing and catching in isolation and in combination
- Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
- Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- Perform dances using a range of movement patterns
- Take part in outdoor and adventurous activity challenges both individually and within a team
- Compare their performances with previous ones using subject specific language and demonstrate improvement to achieve their personal best
- Swim competently, confidently and proficiently over a distance of at least 25 metres
- Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
- Perform safe self-rescue in different water-based situations

## **Impact**

We believe our children will:

- Participate in physical activity for sustained periods of time.
- Achieve a sense of enjoyment from being physically active, appreciating the benefits of healthy lifestyles.
- Demonstrate the values of equality, teamwork and respect, highlighting the discipline that sport can provide.
- Develop an awareness of fair play and sportsmanship enabling pupils to work effectively in competitive and cooperative situations.
- Engage in the processes of evaluating, reviewing and improving performance to achieve personal best.
- Engage in opportunities to compete and perform, having access to exit routes to encourage life-long activity.

