



St Augustine's Catholic Primary School and Nursery

PE STATEMENT OF INTENT

Intent

At St. Augustine's, the intent of teaching Physical Education is to give children the tools and understanding required to make a positive impact in their own physical health and well-being. We want all children to experience a wide variety of sports and physical skills that will enhance life-long fitness and life choices. PE can challenge and promote self-esteem through the development of physical confidence and problem solving. It can teach children to cope with both success and failure in competitive, individual and team based physical activities.

Implementation

At St. Augustine's we work closely with the LFC foundation to ensure our children are provided with high-quality PE lessons. Children are encouraged to participate in exercise throughout the day during active lessons, PE, extra-curricular clubs, outdoor learning and lunch provision. We have qualified sports professionals during lunch-time provision to ensure the children are given a range of opportunities. Children gain experience of a variety of fundamental skills. This has a focus on agility, balance, coordination and fitness. Children take part in individual skills, group skills and team games, using PE equipment appropriate for their age. From year two up to year six, children will have a series of structured swimming sessions

Impact

Our curriculum aims to improve the wellbeing and fitness of all children at St. Augustine's, not only through the sporting skills taught, but also through the underpinning values and disciplines physical education promotes. Within our lessons, children are

taught about self-discipline and that to be successful you need to take ownership and responsibility of their own health and fitness. Our impact is therefore to motivate children to utilise these underpinning skills in an independent and effective way in order to live happy and healthy lives. All KS2 pupils leave with improved water confidence and it is our aspiration that they are able to swim 25 m using a recognised stroke. Overall St. Augustine's pupils leave with the knowledge that sport and physical activity can be fun and should be enjoyed as part of an active healthy lifestyle.