# **Curriculum Intent: Physical Education (PE)**

### Broad and Ambitious Curriculum

At Earley St Peter’s, Physical Education (P.E.) is a vital part of the curriculum. It inspires all pupils to succeed and excel in physically demanding activities, promoting confidence and supporting their physical and mental health and fitness throughout their lives. The school ensures that children are physically active every day through P.E. lessons, break times, lunch times and extra-curricular activities such as Football Club, Judo and Multisports. Pupils also have opportunities to compete in sports and activities that build character and embed values such as teamwork, fairness, respect and healthy lifestyles.

### Planning and Implementation

In Key Stage 1, pupils develop fundamental skills in basic movements such as running, jumping, throwing and catching. They also build stability through balance and control through handling objects. These foundational skills enable participation in team games and the development of simple attacking and defending tactics. Pupils also learn and perform simple dance patterns and sequences such as routines to express their emotions, based on books such as Charlie and the Chocolate Factory and famous songs.

In Key Stage 2, pupils build on their knowledge and skills, linking movements to create sequences and participate in competitive sports like cricket, football, hockey, and netball. They develop flexibility, strength, technique, control and balance through a range of physical activities, including dance. Pupils are encouraged to communicate, collaborate and compete, evaluating and improving their performances while celebrating successes.

Swimming is a key component of P.E. in both Key Stages 1 and 2, taught by qualified instructors. Pupils learn to swim competently and confidently using strokes such as front crawl, backstroke and breaststroke in our onsite swimming pool. Outdoor and adventurous activities in Key Stage 2 promote problem-solving, collaboration and a positive attitude toward physical activity and healthy living, such as the Year 5 trip to Liddington and Year 6 trip to Rhos-Y-Gwaliau.

### Impact on Pupils

By the time pupils leave Earley St Peter’s, they have a strong foundation for leading a healthy lifestyle and a passion for physical activity. They understand the importance of exercise and a balanced diet for their physical and mental health. Pupils are equipped with skills in communication, collaboration and cooperation, enabling them to excel in sports, physical activities and their everyday lives. The inclusive curriculum ensures all pupils, including disadvantaged pupils and those with SEND, thrive in P.E.