



**Why we teach it**

Physical education develops the children’s knowledge, skills and understanding, so that they can perform with increasing competence and confidence in a range of physical activities to support their health and fitness. These include dance, games, gymnastics, swimming and water safety and athletics. Physical education promotes an understanding in children of their bodies in action. It involves thinking, selecting and applying skills and promotes positive attitudes towards a healthy lifestyle. Thus, we enable them to make informed choices about physical activity throughout their lives.

**INTENT - What we are teaching**

St William of Perth School believes that Physical Education (PE), 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. 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. Our curriculum aims to improve the wellbeing and fitness of all children at St William of Perth, not only through the sporting skills taught, but through the underpinning values and disciplines PE promotes.

**IMPLEMENTATION - How we teach it**

PE at St William of Perth Primary School provides 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, from the IPEP scheme 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 extracurricular activities. Children can attend after school sport clubs four evenings per week.

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 group of Year 5 children are invited to become Sports Leaders for the school. They develop into sporting role models for the younger children, assisting with clubs, our annual Sports day and any other Sporting activities.

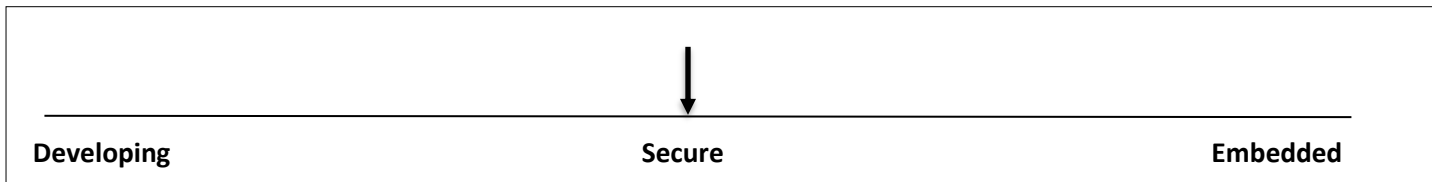
Children in Years 4,5 & 6 swim once a week for 12 weeks during the year.

We actively take part in the “Medway Mile”, to help meet the government target of all children being active for at least 60 minutes a day.

**IMPACT - What is working**

We help motivate children to participate in a variety of sports through quality teaching that is engaging and fun. From our lessons, our children learn to take responsibility for their own health and fitness, many of whom also enjoy the success of competitive sports. We equip our children with the necessary skills and a love for sport. They will hopefully grow up to live happy and healthy lives utilising the skills and knowledge acquired through PE.

On the scale below rate where you believe this subject currently stands in terms of your overall curriculum offer:



**PE leader actions and impact**

Previous Improvement Actions and Impact	Current Improvement Actions	Future Improvement Actions
<ul style="list-style-type: none"> <li>• Improve standard of swim teaching and confidence</li> <li>• Improve the resources to support lessons and activities</li> </ul>	<ul style="list-style-type: none"> <li>• Embed the sporting and competitive ethos across the school.</li> <li>• To complete a children’s audit and then producing a plan from there</li> <li>• Increase competitions for KS1</li> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>• Provide more SEND support for staff.</li> <li>• Plan continuous provision for swimming and PE next year. Swimming teachers and lifeguards.</li> <li>•</li> </ul>