

## Subject on a Page

## P.E

At St. Luke's, we promote physical literacy and learning through movement across our curriculum, as well as in P.E. We intend to deliver high-quality P.E, teaching children key skills that apply not only to P.E but life in general as well. Key skills, such as; teamwork, efficient communication and leadership are ingrained in our children, producing thoughtful, caring and driven children that learn without limits and that are willing to fuel their own and others' success.



### Intent - What do we aim to deliver?

Children learn through movement and develop physical literacy.

Children receive high-quality P.E and develop key skills .

Teamwork, leadership and communication underpin each child's learning experience.

Skills taught nurture thoughtful, caring and driven children that fuel individual and team success.

Children are inspired to participate in sport and physical activity through P.E

Life skills such as map reading, orienteering and swimming all help to prepare our children for their future journey.



### Implementation - How do we aim to deliver it?

#### High Quality P.E

Children access a minimum of 2 hours of high quality P.E in their weekly timetable. Children are taught Dance, Gymnastics, Athletics, Games and Orienteering through out the school year. Each child works with experts from Premier Sport, as well as their class teacher. Children develop physical literacy and the ability to learn through movement. Our children carry over these skills to use in the wider curriculum in active lessons.

#### Healthy physical and mental wellbeing

Children understand the components of wellbeing and the tools to maintain healthy physical and mental wellbeing. Our children develop an understanding of how to recognise and describe how their bodies feel during exercise. Children do this through discussion in P.E, Science and PSHE, as well as identifying barriers to healthy physical and mental wellbeing.

#### P.E Experts

Our P.E curriculum is carefully planned with the development of well-rounded children as its focus. Children learn to take responsibility for their own learning and to learn without limits as they reach upper Key Stage 2. Children are taught these skills via high quality P.E lessons taught in combination by class teachers and our expert sport coach.

#### Curriculum

Children experience a wide variety of activities in P.E. From Reception to Year 6, all children will learn fundamental skills in Dance, Gymnastics, Athletics, Games and orienteering and develop them further as they progress through school. Each child combines individual and team skills to reach the goals set of them.

### Impact - How will we know we have delivered it?

Children have the ability to reach their potential in P.E and reach age related expectations.

P.E will have 100% participation in which the children will experience a variety of activities and will also be encouraged to take part in extra-curricular activity.

Children will learn important skills that can help them in later life.

Children will make informed life choices and avoid things that harm our bodies physically and mentally.

Children are more understanding of their own and others' mental and physical well-being including what helps and hinders this. They can then put steps in place or seek guidance on how to maintain or improve physical and mental well-being.

**John 13: 34-35 says: 'Love one another. As I have loved you... By this everyone will know that you are my disciples.'**