



## Our Lady and Saint Benedict Catholic Academy P.E Intent Implementation and Impact Statement

### Intent

At OLSB, the aim of P.E is to inspire our children to love living a healthy life. We want our children to develop a deep knowledge and a range of skills, enabling them to sustain and enjoy a positive, active lifestyle. We will teach the National Curriculum for Physical Education and the key Concepts of Movement, Agility, Balance, Co-ordination, Co-operation, Competition, Sequence, Health, Fitness, Fairness and Respect. Through teaching these concepts all children at OLSB will hopefully develop a broad range of skills and a love of being active!

### Implementation

All children at OLSB will benefit from a broad, deep and progressive P.E curriculum at OLSB.

**In the Early Years** our children will start to develop the FUNdamentals of movement whilst participating in lessons with a theme which mirrors their classroom topic. This enables the children to develop their physical literacy whilst embedding the learning achieved in the classroom.

**In KS1** the Physical Education curriculum changes to an activity specific focus. Children learn how the body changes during exercise whilst further developing the FUNdamentals of movement (Jog, Sprint, Jump, Hop, Weight on Hands, Balance & Co-ordination). Through the effective teaching of Physical Education, a quality and varied extra-curricular offer and structured play during lunch times, children will be competent in the FUNdamentals of movement at the completion of Key Stage 1.

**In KS2** the P.E becomes both broad and deep. Children develop their Key Concepts through a variety of 'vehicles', all teaching staff receive 1 to 1 CPD with the Collegiate P.E Specialist Mr. Sigley. This enables the children at OLSB to develop their knowledge, understanding and performance in P.E through activities such as Handball, Parkour, Health Related Exercise, Tag Rugby, Dance, Football, Athletics, Basketball, Gymnastics, High 5 Netball and many more.

### Impact

Children at OLSB will develop a broad range of skills in a variety of activities. A deep understanding of how the human body works and the importance of exercise and hopefully find at least one form of physical activity that they love and will pursue for the rest of their life.

