



Physical Education



Intent– We aim to

At St Osburg's we believe that Physical Education is central to promoting a healthy body and mind and crucial to building resilience whilst supporting our core values.



Ensure that all children regardless of ability engage with quality PE lessons in school



Ensure that our children share a positive experience of PE and are motivated to participate fully in lessons.



Empower our children to lead healthy lifestyles by and make healthy choices.



Allow children the opportunity to experience positive competition and build resilience acquiring and applying new skills.



Implementation

At St Osburg's our PE curriculum is structured around six key concepts. These concepts allow our children to build key skills, gain knowledge and a sense of achievement.



Health and fitness



Social Development



Physical Development



Personal Development



Key Skills



Perseverance



Resilience



Co-operation



Reflection



Collaboration



Communication

Physical Education Drivers



Multi Skills



Invasion Games



Gymnastics



Dance



Netball



Football



Hockey



Rugby



Cricket



Rounders



Athletics



Swimming

What this looks like at St Osburg's



- At St Osburg's beginning from the Early Years, we realise the importance of physical activity. Children in the Early Years learn the foundations of fundamental movement including agility, balance and co-ordination.
- Across KS1 and KS2 all children receive an hours PE lesson delivered by specialist coaches from Sky Blues in the Community. These lessons are planned and delivered following consultation with our PE Coordinator to ensure the progression of skills across the year groups.
- In addition to this, a specialist dance teacher works across KS1 and KS2 to deliver high quality dance sessions over a half term, building in skill across the year groups.
- Also during their time in KS2 all children receive swimming lessons in order for them to achieve their water confidence and 25m distance award.

Impact



Our high expectations and specialist provision ensure that all children are able to fully participate in PE lessons where they are growing in skill, motivated to learn and challenged to develop. Our children are equipped with the knowledge and understanding of healthy lifestyles and can make positive choices as they grow and develop. Our children will have a secure understanding of the Key transferable skills allowing them to embrace competitive sports building from defeat and celebrating successes.



Wider Opportunities

At St Osburg's we provide many opportunities for after school clubs to engage our children in sports, healthy lifestyles and competition. We take great pride in our competitive sports and thrive on producing strong teams to represent the school in netball, football swimming, cross country and athletics.