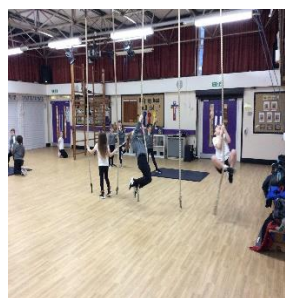# Physical Education at St Joseph's

"Everyone Together With Jesus"

Intent

Here at St. Joseph's, our Physical Education curriculum aims to inspire and encourage all children to succeed and excel in competitive sport and other physically demanding activities. We provide opportunities for our children to become physically confident in a way that promotes a healthy and active lifelong lifestyle. By providing opportunities to compete in sport and other physical activities, our children build character which helps to develop and embed values such as fairness and respect, whilst understanding the importance of leading a healthy, active lifestyle.

Implementation

All children receive at least two sessions of P.E. (45 minutes each), delivered by a specialist P.E. teacher each week, which is supplemented by additional led exercise and activity sessions. Lessons follow a progressive sequenced curriculum, supported by PE Passport, which ensures that a range of sports and their associated skills are continually revisited, developed, improved and built up over time. They will be applying fundamental movement skills, increasing their competence, challenge and confidence.

All year groups are afforded opportunities to participate in a wide range of extra-curricular sporting activities, including football, gymnastics, dance, cross-country, cricket, athletics and multi-sports. As part of Knowsley School Sport Partnership (KPSSA), children from many year groups compete in numerous leagues, competitions and tournaments in a range of sports across the year. As well as intra-sports competitions in school.

Impact

The impact for all St Joseph's children is that they:

- Develop a life-long positive attitude towards participation in sport and physical activity
- Confidently recall key knowledge and skills about sports they have taken part in
- Confidently apply knowledge and skills in increasingly challenging situations
- Demonstrate the values of fairness, respect and co-operation
- Recognise and assess this own achievements and success.