



PE at St Joseph's Catholic Primary School plays a vital part of everyday school life. All pupils have two hours of PE timetabled each week to cover the six main areas of the National Curriculum which are dance, gymnastics, games, swimming, athletics, and outdoor and adventurous activities. Swimming is offered for children in KS2. A healthy lifestyle is also promoted. Alongside the PE Curriculum the children have the opportunity to participate in numerous after school sports clubs including, games club, football, dance and fitness and basketball. A selection of these is offered at different times throughout the school year.

Fun, enjoyment, confidence, competence and self-esteem are the forefront of our PE delivery. Children in Reception and KS1 develop the fundamental skills such as aiming and throwing, balance, co-ordination, control, and movement. In KS2 children are able to use these fundamental skills to develop their knowledge and understanding of invasion games such as football, basketball, netball, tag rugby and hockey. These skills are also transferrable to striking and fielding games such as cricket and rounders, together with net games such as tennis, tri golf and volleyball.

Children are given the opportunity to participate in the local school primary festivals and competitions. As a school we have enjoyed much success competing at cluster and City level. On a regular basis school fixtures are arranged in many sports which enables the children to be proud to represent their school. We also organise in-house team colour competitions where the children from each team colour compete against one another.

Yr R Early Learning Goals

Moving and handling

- I can use my legs and feet in lots of different ways, like running, climbing, jumping or hopping.
- I can slow down or change the way I am going to stop myself from bumping into my friends or things.
- I can throw, catch, roll and kick different things like large balls, hoops, beanbags and balloons.
- I can use pens, pencils and paintbrushes to make the marks and write the letters I want to.
- I can use scissors to cut paper.
- I can thread beads onto a piece of string.

Health and self care

- I can tell you about different ways of keeping healthy, like doing exercises like running and jumping; eating fruit and vegetables and drinking water or milk and washing my hands.
- I am able to go to the toilet by myself.
- I can get dressed and undressed by myself.

Yr1

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities:

to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Pupils should be taught to:

- * Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities
- * Participate in team games, developing simple tactics for attacking and defending
- * Perform dances using simple movement patterns.

Yr2

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities:

to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Pupils should be taught to:

- * Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities
- * Participate in team games, developing simple tactics for attacking and defending
- * Perform dances using simple movement patterns.

Yr3

Pupils should be taught to:

- * use running, jumping, throwing and catching in isolation and in combination
- * play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending
- * develop flexibility, strength, technique, control and balance.
- * perform dances using a range of movement patterns
- * take part in outdoor and adventurous activity challenges both individually and within a team
- * compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Yr4

Pupils should be taught to:

- * use running, jumping, throwing and catching in isolation and in combination
- * play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending
- * develop flexibility, strength, technique, control and balance.
- * perform dances using a range of movement patterns
- * take part in outdoor and adventurous activity challenges both individually and within a team

* compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Swimming, pupils should be taught to: swim competently, confidently and proficiently over a distance of at least 25 metres use a range of strokes effectively perform safe self-rescue in different water-based situations.

Yr5

Pupils should be taught to:

- * use running, jumping, throwing and catching in isolation and in combination
- * play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending
- * develop flexibility, strength, technique, control and balance.
- * perform dances using a range of movement patterns
- * take part in outdoor and adventurous activity challenges both individually and within a team
- * compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Yr6

Pupils should be taught to:

- * use running, jumping, throwing and catching in isolation and in combination
- * play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending
- * develop flexibility, strength, technique, control and balance.
- * perform dances using a range of movement patterns
- * take part in outdoor and adventurous activity challenges both individually and within a team
- * compare their performances with previous ones and demonstrate improvement to achieve their personal best.