Physical Education

Intent

Children at Christ Church will understand that physical activity is an essential component of both their physical and mental health and well-being. By the time they leave our school, children will be competent in the fundamental skills of running, jumping, throwing and catching and have the opportunity to apply these to a range of sports and activities. They will be able to apply their flexibility, strength, control and balance creatively in gymnastics and balance performances and use these skills alongside the basic principles of attack and defence in games. They should value and contribute to the idea of a 'team' as well as understand the importance of the concept of their 'personal best' and how they can improve both as an individual and as a team. Children will be able to swim over 25 metres unaided using different strokes and understand and explain how to perform safe self-rescue and peer-rescue in water-based situations.

All pupils at Christ Church are offered a broad and balanced curriculum provided by well-trained, experienced staff and boosted by the use of sports specific coaches. As part of the South Sefton Partnership many children will be given the opportunity to develop and deepen skills through Inter-School Competitions (which offer A, B and C Team opportunities as well as a varied SEN competition programme). Within our school all children will have the chance to compete with themselves and others thanks to a varied Intra- School Competition Calendar. Furthermore, children will be given leadership opportunities in order to develop their confidence and leadership skills for the future. In order to ensure all children have the chance to develop skills further, we offer a wide range of extra-curricular clubs and activities (with some targeted towards both the least active and our AGT pupils). In addition, we foster links with local community clubs in order to encourage a love of physical activity and sport that will continue into adulthood. Opportunities will also be offered for children to be inspired by elite athletes and sports teams through visits to national and international competitions and clubs.

At Christ Church our broad and balanced PE curriculum encourages children to develop confidence and resilience that will filter into all aspects of learning and wider life beyond primary school to live their best life. We want children to experience the vibrancy of sport and physical activity within our great city and understand how it can allow them to break down cultural and social barriers and achieve great things. We aim for our children to have a positive experience of PE and School Sport and leave school with an enjoyment of physical activity that will stay with them forever.

The Intent, implementation and Impact of our Curriculum

Wellbeing & Distinctiveness

Implementation

Our PE curriculum is sequenced precisely to ensure progression of knowledge and skills throughout a child's primary education, enabling children to build upon prior experiences and apply these fluently, with confidence. All pupils receive at least two hours of enjoyable and challenging learning using the vast outside space or school hall. Children take part in a range of invasion, striking & fielding or net & wall games. We promote imagination and creativity in gymnastics and dance as well as providing opportunities for athletics using both indoor and outdoor environments plus outdoor and adventurous activities. In addition to this we provide specialist swimming teaching to pupils in Year 3, Year 4 and Year 5 and yoga sessions delivered by a specialist practitioner for all pupils across the school.

Our lessons aim to encourage our pupil to have a keen interest in PE. A willingness to participate eagerly in every lesson, highly positive attitudes and the ability to make informed choices about engaging fully in every lesson. Lessons provide children with the opportunity to practise skills in a wide range of different activities and situations - alone, in small groups and in teams and to apply these skills in chosen activities to achieve their best.

We promote the importance of a healthy lifestyle and the ability to remain physically active for sustained periods of time and an understanding of the importance of this in promoting long-term health and well-being. We take part in the "Daily Mile" to help meet the government target of all children being active for at least 60 minutes a day.

Within our curriculum we ensure children are given opportunity to take initiative and become excellent young leaders. To develop leadership and communication skills, children in Years 5 and 6 children can apply to become a Young Sports Leader which is a responsible role in encouraging younger children to learn how to play collaborative games, respect rules and to be as active as possible during playtimes. Those children selected are positive role-models for younger members of the school, organising lunchtime games and assisting with annual sports days.

We also provide children with the opportunity to further these skills at our after-school sports clubs. We offer a broad range of activities based on children's interests and popularity of clubs. We make club links within the community and promote and encourage children to continue their passion and love of sport.

Inter and intra sports competitions are a particular strength of the school and we are regularly involved in a wide variety of fun activities and events which are organised by the South Sefton

Sports Partnership. These events develop teamwork and leadership skills and are very much enjoyed by the children.

Although we enjoy the competitive nature of sport, we also appreciate and encourage the importance of children 'having a go' and promote positive experiences of being physically active and not always participating to win. We have an inclusive approach and value the importance of physical and mental well-being.

Impact

Children feel supported and motivated to participate in a variety of sports through quality teaching that is engaging and fun.
Our pupils are inspired to instinctively utilise skills and knowledge acquired during PE lessons, encouraged to take responsibility for their own health and fitness and to attend our variety of extra-curricular club. Children are also able to enjoy the success of competitive sports.
At Christ Church, our pupils are equipped with the necessary skills and a love for sport which will enable them to grow to live happy and healthy lives; utilising the skills and knowledge acquired through PE and live their best life.