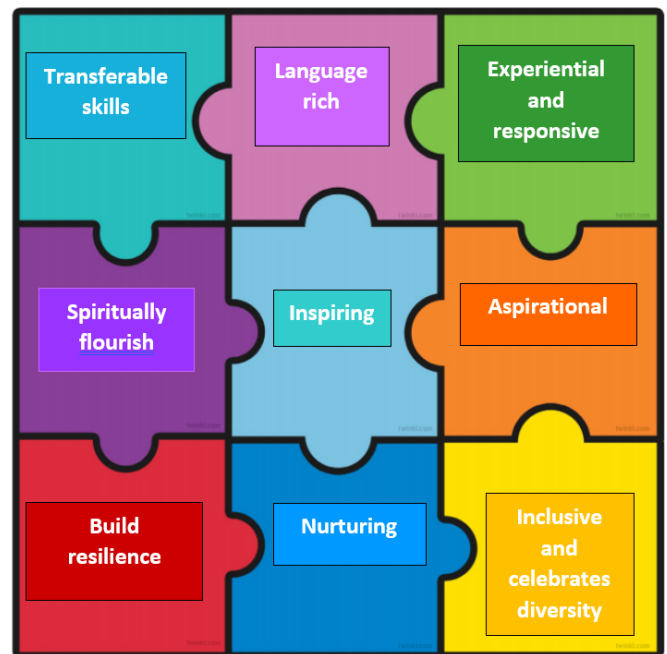


An Overview of the PE Curriculum at St Michael's



The Lord says, 'For I know the plans I have for you plans to give you hope and a future.'
Jeremiah 29 verse 11

At St. Michael's School, the PE curriculum is designed to enable all pupils to develop and express themselves creatively through a practical approach with inter-related dimensions across PE. This is regardless of their academic ability. Through the PE curriculum, we aim to educate and encourage pupils to lead and maintain healthy and active lifestyles realising the importance of this for their future. Emphasis is placed on problem-solving and teamwork through all strands of PE including residential visits. Pupils will learn to cooperate and collaborate with others as part of an effective team, understanding fairness and equity of play to embed life-long values. These transferable skills will grow resilience and the ability to problem-solve. This will support the pupils in the future when faced with new opportunities and will help to develop positive healthy relationships and promote well-being. Swimming lessons will teach pupils the skills to keep them safe in, on or by the water.



In all PE lessons, there are planned opportunities to evaluate their own and each others' performances. This develops their language skills taking into account resilience too. The opportunities provided enable pupils to excel in a variety of roles in PE; this is through leadership, working to improve their personal best, competition participation and the signposting of pupils to sports' clubs. Through this, pupils, who have a particular talent in PE, are challenged to perform against peers at a higher level. The signposting of pupils to sports' clubs will inspire pupils to continue with their chosen sport in the future. Pupils will learn that success involves hard work, resilience, determination and a belief that anything is achievable.

Learning is progressive and delivered through two discrete lessons every week following the National Curriculum. Pupils in Year 3 and The Ark unit swim once a week. The design of the learning ensures that we deliver the acquisition of skills and knowledge in a way that shows clear progression from year to year. Lessons are enhanced by memorable experiences and wider opportunities, which inspire children of all abilities such as Forest Schools, outdoor and adventurous activities, residential visits as well as the opportunity to engage in habitual activities such as gardening. Pupils are encouraged to participate in the varied range of extra-curricular activities on offer, including after-school clubs and lunchtime activities. Peer mentors develop into 'physical activity models' for younger pupils, supporting with lunchtime activities. Pupils from across the school are invited to participate in intra- and inter-school competitions throughout the year and emphasis is placed on improving on pupils' personal best within lessons.

We employ specialist staff to enhance provision for physical education. Parents are regularly informed of physical education taking place in school through newsletters.

This model of implementation is underpinned by strong pastoral provision for pupils and their families and the distinctly Christian ethos of the school.

We measure the impact of our curriculum through assessment for learning opportunities, pupil and parent voice feedback, data analysis and learning observations. Through these forms of continuous and robust assessment, the particular talents, gifts, interest and curiosity of individuals are identified and nurtured to ensure personal motivations and ambitions are encouraged and fostered. As a result, we aim for our pupils to be confident, articulate and enthused by their learning, and are keen to share the knowledge they have acquired.

Pupils' good behaviour is a result of their positive engagement in the curriculum on offer. Pupils attain well, make outstanding progress from their starting points and aspire to be the best they can be. We know we have succeeded when pupils leave year 6 fully prepared for the next stage of their learning journey. We also measure our impact against The School Games Award and currently hold the gold standard.