



## St Ann's R.C. Primary School

### P.E. Curriculum Intent

At St Ann's R.C. Primary School, our intent for Physical Education is to provide a broad, balanced and high-quality curriculum that enables every child to develop physical competence, confidence and a lifelong appreciation of health and physical activity. We offer engaging, practical experiences that allow pupils to participate in a wide range of sports and activities, understand the importance of exercise for long-term wellbeing, and recognise how physical activity contributes to a healthy, active life.

Guided by our values of Love, Respect and Service, pupils learn to collaborate, show fairness, celebrate others' achievements and demonstrate good sportsmanship in all aspects of PE and school sport. Our aim is that all children experience challenge, success and enjoyment, becoming resilient, motivated and responsible participants in physical activity both within school and beyond.

### Implementation

Our curriculum is built around the core elements of Physical Education: physical competency, movement skills, fitness development, creative expression, competitive sport and lifelong health. These are delivered through a planned, progressive programme from EYFS to Year 6 that supports the development of confidence, skill and character.

- **Structured Progression:** PE is taught through a clear sequence of knowledge and skills that builds physical literacy and supports pupils to refine and apply skills across a variety of sports and activities.
- **Practical, Inclusive Experiences:** Lessons are active, engaging and accessible to all, providing opportunities to develop stamina, strength, flexibility, coordination and control through both individual and team activities.
- **Wide Range of Sports:** Children participate in diverse sports and physical activities that broaden understanding, skill mastery and appreciation of different movement forms.
- **Creativity and Expression:** Dance and movement activities enable pupils to express ideas, emotions and stories through physical performance.

- **Competition and Character Development:** Opportunities for intra-school and inter-school competition support pupils in developing fairness, resilience, respect and positive attitudes toward challenge.
- **Health and Wellbeing Education:** Pupils learn about the benefits of regular exercise, how physical activity contributes to a healthy lifestyle, and how to set personal goals that develop confidence and self-esteem.
- **Values-Led Collaboration:** Working in teams helps pupils understand cooperation, leadership, empathy and how to support themselves and others in shared physical challenges.

## Impact

The impact of our PE curriculum is monitored through ongoing assessment of physical skills, participation, resilience and understanding of health. By the end of their journey at St Ann's, pupils will:

- Develop secure physical competence across a range of skills including mobility, strength, stamina, flexibility and coordination.
- Demonstrate understanding of the purpose, rules and conventions of a variety of physical activities and sports.
- Show confidence and creativity in dance and expressive movement.
- Understand and demonstrate fairness, honesty, teamwork and good sportsmanship.
- Appreciate the aesthetic and technical qualities of movement in themselves and others.
- Build perseverance, motivation and the ability to maintain focus and effort during physical challenges.
- Develop self-esteem through increasing physical confidence, recognising strengths and understanding personal limits.
- Understand the importance of regular exercise for maintaining a healthy lifestyle and long-term wellbeing.
- Children leave St Ann's as confident, enthusiastic and responsible participants in physical activity, prepared for the next stage of learning and life beyond primary school.

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