



PE Curriculum Intent, Implementation and Impact Overview

PE Statement

The intent of our PE curriculum is to deliver a curriculum which is accessible to all and that will maximise the development of every child's ability and achievement in PE. They will know more about physical activity and keeping healthy, remember more about the physical activity they participate in and learn about and understand how to use and apply this knowledge to impact upon their own physical activity, participation and healthy lifestyle.

Sacred Heart School has identified **key intentions** that drive our PE curriculum and these are:

Intent	Implementation	Impact
<p>Intention 1:</p> <p>To build a PE curriculum which enables children to develop competence to excel in a broad range of physical activities.</p> <p>Pupils knowing more, remembering more and understanding how the knowledge and skills can be applied in their own physical activity and healthy lifestyle.</p> <p>To design a curriculum with appropriate subject knowledge, skills and understanding in physical education as set out in the National Curriculum so that children can reach and exceed their potential</p>	<ul style="list-style-type: none"> • Clear and comprehensive schemes of work in line with the National Curriculum. • Access to experts <i>All PE sessions are delivered by qualified sports coaches.</i> • Inter Events <i>Children will have access to competing against pupils from other schools.</i> • Intra Events <i>Half termly all pupils will have access to competing against pupils in school.</i> • Promotion <i>Bespoke pupil of the term award recognising effort and achievement in PE.</i> • Extended Curriculum <i>Children will have access to two PE lessons plus an additional fitness lesson each week.</i> 	<ul style="list-style-type: none"> • Children will achieve age related expectations in PE. • Children will enjoy sport and will seek additional extra-curricular activities both school and external to school related. • Participation levels in PE will be 100%.

<p>To build a curriculum that encourages and provides opportunities for all children to enjoy and lead healthy, active lives.</p>	<ul style="list-style-type: none"> • Clear and comprehensive PE scheme of work which makes reference to healthy lifestyles. <i>The teaching and learning of healthy life styles is planned explicitly within each year group. Health and nutrition lesson taught by qualified coaches.</i> • Cross Curricular links • Additional Fitness session on top of 2x PE sessions per week • Wide range of extra-curricular sports clubs available to all <p>Free Fruit / Water only snack policy School has a fruit / water only snack policy at playtimes</p>	<ul style="list-style-type: none"> • Children will show a good understanding of healthy eating. • Children have a good understanding of the benefits of a healthy lifestyle that prepare them well for the future. • Fitness levels for all children are improved over time. • Mental health and well being is a high priority linked with exercise and physical fitness.
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