

PE

'Do not be alarmed, you may hear loud noises, shrieks, shouts and squeals. You may see big smiles, sweaty hair and red faces. Side effects include: good mood, strong heart and muscles, better grades and quality sleep...'

Jeremy Frisch

Intent

Our intent in the teaching of PE and Sport at St Katharine's is to provide a wide range of PE and sporting opportunities across the year for all children in both Key Stage 1 and 2 in order for them to participate, engage and develop their physical and social skills. We aim to maintain a high profile of PE and sport as a core area of the curriculum by providing high quality lessons that are delivered by specialist PE teachers, as well as teaching staff who receive regular CPD to enhance the teaching of PE and sport.

Implementation

PE and sport are mapped out on the curriculum map for each class, to give an overview of planned PE and sport at St Katharine's. This links to and supports the preparation of children representing St Katharine's in various festivals and tournaments during the year. They are able to practise and develop the necessary skills and knowledge required for competitive sports. In addition, afterschool and lunchtime clubs are delivered by In2Sport to provide further coaching, enhance skills and promote the enjoyment of sport.

Apart from Hazel Class (Reception), all classes receive a one-hour PE session, as well as other additional activities such as paddle tennis, rugby and swimming. When they are not taking part in the extra activities, the classes carry out the daily mile or a daily 'Wake and shake' activity.

Children are required to change into PE kit and trainers for PE lessons and clubs so they can participate safely and during inclement weather. Teaching staff also dress appropriately for teaching PE.

For several years now, Key Stage 1 and 2 children have participated in the daily mile initiative, often at the start of the day. This involves children running at a pace that suits them for a maximum of 10 minutes around the playground or field depending on the weather. This daily exercise not only allows children to increase their level of fitness but we believe it impacts positively on their readiness for learning in the classroom and on an individual's well-being.

St Katharine's participate in In2Sport cluster events and tournaments with local schools as well as 'Level 2 School Games' tournaments which contribute towards the achievement of the 'School Games Kite Mark' award. We currently hold the Bronze award and aim to achieve the Silver award in 2020. The criteria for higher awards can be a challenge for smaller schools.

Impact

The children at St. Katharine's have access to a wide range of Sporting opportunities. They have the chance to meet people who are inspirational, and to take part in exciting events, giving them a chance to imagine their sporting future. They have regular opportunities to develop their skills through high quality lessons, clubs and competitions.