

## **St. Francis of Assisi RC Primary PE Intent – Implementation - Impact**

“A positive experience of sport and physical activity at a young age can build a lifetime habit of participation and is central to meeting the government’s ambition for a world class education system. Physical literacy (building physical competency alongside confidence, enjoyment knowledge and understanding) and high quality, modern physical education (PE) lessons that engage boys and girls of different backgrounds and abilities should be a fundamental part of every child’s school experience.” – *Department for Education, School Sport and Activity Action Plan, July 2019*

At St. Francis of Assisi the development of resilient, healthy and active young people is paramount and physical education and sport are at the heart of these efforts. Through the use of physical education and sport each day in school, we strive to engage children in a wide range of physical activities from early year’s foundation stage to key stage two.

Moreover, we strongly feel that by developing children’s emotional and physical well-being through physical education and sport at primary school level, it increases engagement in the wider curriculum and develops character, thus vastly improving their chances of successfully leading an active healthy lifestyle as they progress into adulthood. In essence, at St. Francis of Assisi we feel that physical education, physical literacy and sport are at the centre of how we develop well-rounded young people. We are therefore extremely proud to have achieved the *Gold PE Quality Mark for Physical Education in schools* on a number of occasions over recent years. We feel that this award highlights our true commitment to physical education and sport in school.

### **SPORTS PREMIUM PACKAGE PROVIDED BY West Lancashire School Sport Partnership**

Funding allocated to Package: £8930

Following the announcement that the Primary PE and Sport Grant will continue the amount school received is £16,000.00 plus £10.00 per pupil, our school has entered into a one year Service Level Agreement with West Lancashire Sport Partnership between September 2020 and August 2021. Our continued service will include delivery of PE and School Sport on a weekly basis in our school by a School Sport Specialist who meets Lancashire County Council minimum operating standards. Each half term our school will access a different School Sport Specialist who will deliver their specialist area of the National Curriculum.

The 6 areas that our school will receive support in include: Gymnastics, Dance, Invasion Games, Target Games (replacing Net/Wall), Striking and Fielding and Athletics. Timetables for the academic year have been sent out to schools detailing the order of rotation. The School Sport Specialist will deliver curriculum PE lessons, provide Continued Professional Development for school staff and deliver Lunchtime and After School Clubs during their weekly visits to our school. The Specialists will plan all curriculum sessions to meet the needs of our pupils and assess against the core tasks within the Lancashire Scheme of Work.

Champions of Character, School Games Level 1 Events and Change 4 Life Activities will be embedded into our delivery programme. In addition to the provision provided by a School Sport Specialist, as a member of West Lancashire Sport Partnership our school will have access to all services / opportunities that they deliver throughout the academic year. These opportunities are detailed within the service brochure of which a copy is within the co-ordinator’s folder. Throughout the academic year we will also have the opportunity to sign up to a range of ‘Bolt On’ programmes delivered at discounted member rates. The Primary PE and Sport Grant provides us with a fantastic opportunity to work collaboratively across West Lancashire to ensure that we deliver an inclusive PE and School Sport programme that meets the needs of every Young Person in our School.

### **COST OF SERVICE**

Our membership to West Lancashire Sport Partnership which includes 2 day delivery per week from a School Sport Specialist will be charged at the agreed rate of £8,930.00 per academic year.

# **St. Francis of Assisi RC Primary PE Intent – Implementation - Impact**

## **Intent**

At St. Francis of Assisi, we strive to create a culture which aims to inspire an active generation to enjoy PE, encourage each other and achieve. We provide a safe and supportive environment for children to flourish in a range of different physical activities which is essential in supporting their physical, emotional, spiritual, social and moral development.

We offer a dynamic, varied and stimulating program of activity to ensure that all children progress physically through an inspirational, unique and fully inclusive PE curriculum. We encourage all children to develop their understanding of the way in which they can use their body, equipment and apparatus safely yet imaginatively to achieve their personal goals. All children have the opportunity to enjoy being physically active, maintain a healthy lifestyle and using the medium of sport, increase their self-esteem. We aspire for children to adopt a positive mind-set and believe that anything can be achieved with determination and resilience.

As such, the aim of our Physical Education in our school is to promote physical activity and healthy lifestyles. Thereby, our children are taught to observe and produce the conventions of fair play, honest competition and good sporting behaviour as individual participants, team members and spectators; therefore embedding life-long values such as co-operation, collaboration and equity of play.

In collaboration with the SHARES swimming staff, we provide opportunities for children to learn how to stay safe by starting swimming lessons in year 4 and continuing until children have become confident in the water, knowing how to keep safe and also meet the National Curriculum requirements of swimming 25m by the end of Year 6.

At St. Francis of Assisi we aim for children to develop the necessary knowledge and acquisition of skills which will have a positive impact on their future by becoming physically active citizens to benefit their long-term health and well-being. In conjunction with this, our PE Curriculum, along with PSHE and Science, teaches children about the importance of healthy living and learning about the need for good nutrition.

## **Implementation**

Our PE curriculum provides challenging and enjoyable learning through a range of sporting activities including; invasion games, net & wall games, strike and field games, gymnastics, dance, swimming and outdoor & adventurous activities. Our pupils participate in two high quality PE lessons each week, covering two sporting disciplines every half term. In addition, children are encouraged to participate in the varied range of extracurricular activities. The long term PE plan follows the Lancashire PE Scheme of work and sets out the PE units which are to be taught throughout the year, ensuring that the requirements of the National Curriculum are fully met.

To meet our school intent for PE, we buy into the SHARES and West Lancashire Schools Partnership (WLSP). The WLSP provide our pupils with top quality weekly PE lessons, whilst offering our teaching staff opportunities for CPD (Continuous Professional Development) in PE to upskill and develop their subject knowledge. **Following the Lanc's SOW, teachers also plan lessons to suit the needs of their classes with the scheme providing a strong basis of what is expected. Each class therefore has access to 2 hours of high quality PE lessons every week.**

This programme ensures progression so that there is an increasing challenge for the children as they move up through the school. Overall, our PE lessons build on the children's prior learning, giving children of all abilities the opportunity to develop their skills, knowledge and understanding.

## **St. Francis of Assisi RC Primary PE Intent – Implementation - Impact**

We will achieve this by:

- Providing a broad, balanced and relevant curriculum that satisfies the needs of the current National Curriculum and provides pupils with appropriate challenge with acceptable risk.
- Develop a whole school approach to physical development which takes pupils through progressive stages of learning and challenge, enabling them to fulfil their potential, develop competence and control in the gross and fine motor skills that pupils need to take part in PE and sport.
- Educate pupils about, and involve them in, the process of risk management, so that they understand their responsibility in this, in order for them to participate independently in physical activity and to establish good habits and awareness of safety and personal hygiene.
- Ensure pupils have the opportunity to demonstrate that they know and understand how to apply their competence and make appropriate decisions for themselves by challenging pupils to select and use skills, tactics and compositional ideas.
- Provide pupils with opportunities to use imaginative ways to express and communicate ideas, solve problems and overcome challenges, both as individuals and as part of a team or group.
- Ensure pupils understand that PE and sport are an important part of a healthy, active lifestyle and understand the contribution physical activity has on having a healthy body and mind.
- Develop pupils' stamina, flexibility, strength and the mental capacity (determination and resilience) to keep going, with a focus on personal challenge.
- Develop an environment in which pupils have the confidence to get involved in PE and sport and are committed to make it an integral part of their lives both in and out of school.
- Provide out of school opportunities which *extends* and *enriches* curriculum provision
- Provide opportunities for competition appropriate to the stage of the individual pupil's development.
- Ensure that pupils enjoy PE and school sport and establish community links and pathways for pupils to engage in life-long participation.
- Use PE as a tool to develop mental health and well-being.
- Two hours of physical education each week (this is either two hours of PE in school or one hour of PE in school and 1 hour of swimming).
- Through our links with the SHARES programme - opportunities for every child in KS2 to take part in swimming lessons throughout the year.
- Top up swimming is provided for Y6 children who have not yet met National Curriculum expectations.
- A wide range of extra-curricular sports and activities are available to children (minimum of 1 each half term – such as Fencing, Archery, Football, Basketball, Dodgeball, Tag-Rugby).
- Opportunities for children to take part in inter school games.
- Opportunities for children to take part in intra school games.
- Opportunities for the least active children to get involve with sport and activity.
- Opportunities for SEN children to attend inter school events.
- UKS2 children are given opportunities to train as playground leaders to lead games and activities at break and lunch time.
- Outdoor learning opportunities for all children.
- Offer "Bolt-On" opportunities such as Bikeability to link in with Road Safety and Yoga to link with mental health & mindfulness
- Opportunities for children take part in the daily mile.
- Intervention for KS1 children who are yet to meet EYFS fundamental movement targets.

## **St. Francis of Assisi RC Primary PE Intent – Implementation - Impact**

In essence, all children at St. Francis of Assisi Primary School receive a broad and balanced PE curriculum regardless of year group or ability. Alongside the weekly WLSP programme of lessons, teachers plan PE with clear progression of skills and knowledge to ensure that all children access at an age appropriate level. Festivals and competitions offered by SHARES and WLSP ensure all of our children have the opportunity to take part in a range of sports both in and outside of school whether that is at a competitive or non-competitive level. Such high quality and sporting activities are all underpinned by the notion of 'physical literacy'. This works alongside our healthy eating and obesity initiatives to encourage children to take part in daily physical activity. The school achieved the School Games Gold Award for the academic year 2018-2019.

### **Impact**

At St. Francis of Assisi, we aim to motivate our children throughout each year group to meet the NC objectives and to participate in a variety of physical activities & sports through quality teaching that is both engaging and fun. From our lessons, we desire that our children learn to take responsibility for their own health and fitness, many of whom also enjoy the success of competitive sports. That by the end of KS2 we equip our children with the necessary skills and a love for sport and physical activity, which continues beyond primary school, enabling them to grow up to live happy and healthy lives; utilising the skills and knowledge acquired through PE.