



Physical Education Rationale

At St. Brendan's Catholic Primary School, we believe that physical activity not only improves health, reduces stress and improves concentration, but also promotes physical growth and development. Exercise has a positive influence on academic achievement, emotional stability and interaction with others. Therefore, both teachers and children should be aware of its importance. We value Physical Education and the sporting activities we, as a school, provide during lessons, school clubs, break and lunch times. We are committed to quality provision in PE.

In St Brendans, we approach PE objectives progressively. This works across three milestones, that roll on a two year cycle. This ensures that children build a solid foundation across the five key aspects, improving their cognitive development and allowing children to deepen their knowledge year on year. This is assessed through quick, formative knowledge retrieval activities within lessons. As assessment is broken down into these milestones, this enables all children to have a steady, progressive experience and form a positive relationship with themselves and their confidence as they build on their prior knowledge.

Children's learning is progressive, focusing on five key aspects:

1. Movement
2. Tactics and Strategy
3. Personal and Social
4. Leadership
5. Healthy Lifestyle

By incorporating these five key aspects into Physical Education, all children have the opportunity to become well-rounded individuals who have key values such as resilience, fairness and respect embedded with a focus on physical and mental well-being. This also allows children to become increasingly independent learners and give them the knowledge to live a balanced, healthy lifestyle. As we encourage children to nurture and develop these skills, this will help them to regulate their emotions and learn self-care strategies that can be utilised throughout their lives.



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Alongside these 5 key principles, we also use the Real PE scheme. This scheme can be used alongside our assessment tool as it also has a focus on the multi-skills that develop the whole, unique child, whilst also acting as a great resource which promotes enjoyable PE lessons for all. Real PE is a resource that allows children to be reflective and self-assess their skills in order for each child to strive to reach their personal bests.

The range of physical activities is wide and includes athletics, dance, games, gymnastics, swimming and outdoor education. The variation is designed to satisfy the needs, abilities and interests of all individual children. At St Brendan's each class receives 2 hours of physical activity per week. These lessons are well considered and communication is key to ensure formative assessments are used and children progress through each key aspect and milestone.

In PE lessons, teachers use high-level, subject specific vocabulary full of tier 2 and 3 words which we expose children to. All teachers are equipped with key vocabulary that they introduce when appropriate and with the use of stem sentences they encourage children to use this language regularly as it is so important that communication and talk is present during PE lessons.

We also encourage children to be leaders, demonstrated through our Energy Crew. This is an opportunity for highly motivated children to share their love for active lifestyles and to promote this to the rest of their peers. The young leaders become positive role models for children and it allows them to consider the opportunities that can arise from PE as a subject. Leadership skills is one of the key aspects that is focused on in PE, so all children are exposed to and learn the skills they need to be leaders in the future.