

Opportunities to celebrate PE in our school:

PE is celebrated throughout school and children are encouraged to share their individual talents that occur both inside and outside of school. Achievements are shared with the whole school weekly during 'Celebration Assembly', through our celebration board and our school website/social media and in their class with their peers.

We host our own 'School Games Day' every Summer term. Children complete various challenges and their records are kept and returned to the children each year. This gives them the opportunity to work hard and beat their personal best. During this day, all Year 6 children act as Young Leaders for the EYFS children and help them and demonstrate skills, enabling the younger children of the school to have positive role models. All children have the opportunity to succeed by beating their personal bests and they also have the opportunity to beat the 'School Records'. School Games day is celebrated with certificates, stickers, medals and these celebrations are shared with parents.

PE and physical activity is celebrated through the 'Energy Crew'. Members of this group are great advocates of physical activity within school and encourage other children to take part in a variety of games, competitions and encouraging active lunchtimes.

Why is PE important to learn?

PE is a particularly important lesson in school as through PE, fundamental skills are taught that will have a profound impact throughout children's entire lives. In St. Brendan's school, PE is more than just learning different games and tactics. Instead, the focus is also on life skills - personal and social, leadership and healthy lifestyle. This means that children have a brilliant foundation of skills to equip them to become young, well-rounded individuals that are able to cope in different situations, as well as having a good understanding of how to be physically and mentally healthy. Children are encouraged to be independent, resilient and gracious – skills which are all key to being successful in later life.

"I love being a part of the Energy Crew because I have always loved helping others to have fun. I help to organise different games and competitions for every child in the school! I tell them everyone to try their best!"

Quote from member of Energy Crew

PE at St. Brendan's Catholic Primary School

"We do lots in PE, it's always fun. We learn about our health and fitness, teamwork, awareness and skills for different sports. I always look forward to Sports Day because I try to beat my personal best from the year before".

Quote from Year 6 pupil

What does PE look like at our school?

PE is taught twice weekly, for one hour per lesson, for every child in Y1-Y6. Every child has access to indoor and outdoor PE lessons, in which different fundamental skills, values and games are learned. Children in EYFS have one PE lesson per week; however, they also have daily access to their own outdoor provision with various physical development challenges which focus on both fine-motor and gross-motor skills.

We follow parts of the Real PE scheme and this allows us to place the progression of multi-ability skills at the heart of our PE lessons. These core skills are Health and Fitness, Personal, Social, Physical, Cognitive and Creative. This allows children to understand that PE encompasses much more than just the physical and competitive side, and with Real PE, all children are able to conquer their goals and shine personally.

Alongside this, we have a thorough assessment tool which allows us to ensure all aspects of PE are being covered (athletics, dance, games, gymnastics) and with consistency and progression between each year group as they focus on the different milestones. The progression of skills allows for all children to work at their appropriate level and ensure they make progress.