

# PE Intent, Implementation, Impact Curriculum Statement 2023-24



PE at St Hugh's aims to develop the knowledge, skills and capabilities necessary for mental, emotional, social and physical wellbeing in our children now and for their future. Physical fitness is an important part of leading a healthier lifestyle. It teaches self-discipline and that to be successful you must have passion, self-belief, respect, honesty, determination and teamwork.

## **Intent**

It is our intent at St Hugh's to teach children life skills that will positively impact on their future. We aim to deliver high-quality teaching and learning opportunities that inspire all children to succeed in physical activities. To do this PE is taught by a mix of specialist teachers and class teachers. We deliver a broad range of activities to enable all pupils to build their knowledge and skills through a variety of sport. We want to teach children how to cooperate and collaborate with others, as part of a team, understanding fairness and equity of play to embed life-long values and to show how at St Hugh's we Live, Love and learn through the light of Christ in all subject areas. It is of key importance that barriers, do not hold children back at St Hugh's and that opportunities to succeed are given to all.

## **Implementation**

Pupils participate in a wide variety of high quality PE and sporting activities twice a week. Our PE programme incorporates a variety of sports to ensure all children develop the confidence, tolerance and the appreciation of their own and others' strengths and weaknesses. We provide opportunities for children to engage in extra-curricular activities, in addition to competitive sporting events. This is an inclusive approach which endeavours to encourage not only physical development but also well-being. At St Hugh's we constantly look to upskill our teachers to enable them to deliver high quality lessons sharing the expert knowledge gained from quality coaching. Teacher's track children's progress throughout their journey through St Hugh's to ensure progression is made through the years.

## **Impact**

Our curriculum aims to improve the wellbeing and fitness of all children at St Hugh's, not only through the sporting skills taught, but through the underpinning values and disciplines PE promotes. Within our lessons, children are taught about self-discipline and that to be successful you need to take ownership and responsibility of their own health and fitness. Our impact is therefore to motivate children to utilise these underpinning skills in an independent and effective way in order to live happy and healthy lives.

## **Physical Education**

Physical Education, which includes gymnastics, dance, swimming and games, is an important part of the school curriculum and the National Curriculum. It is the only subject which, through the use and knowledge of the body and its movements, contributes to all aspects of the education of young people.

PE is taught on a minimum of 2 hours a week from EYFS to Year 6 and the aim in all of its range of activities is to develop all the physical skills, to encourage an enjoyment of sport and to establish an attitude of perseverance and an acceptance of rules and decisions.

The school has a well-equipped school hall and large playing field. KS2 classes each have a block of swimming lessons, which last a term. These sessions take place at Yarborough Leisure Centre.

We work closely with a variety of different coaching companies including; Lincoln City FC, Lincoln school games organiser, Hartsholme Cricket Club, WSPBA (Snooker) and Premier Education giving us

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opportunities to regularly compete with schools across the region. Through the inter-school activities, we enter a range of competitions such as; cross-country, athletics, golf, football and netball. We also often compete in other sporting events between schools in other local authorities where possible. Last year our girls football team got through to represent Lincoln City FC at regional finals in Burton Albion.