



Physical Education (PE) Curriculum

Intent

Our PE curriculum aims to develop pupils'—body, mind, and spirit—following the Gospel values of love, service, and compassion. We believe PE offers a unique opportunity to shape pupils' physical, emotional, and spiritual development while fostering important Catholic values such as teamwork, respect, and resilience.

In our PE programme, pupils will:

- Build confidence through physical activities that allow them to face challenges and achieve personal goals.
- Develop resilience and perseverance when facing obstacles, reflecting Catholic values of patience and growth.
- Promote teamwork and service by emphasising the importance of working together for the benefit of all.
- Foster fairness, respect, and justice through sport, ensuring that each pupil understands the importance of playing fairly and respecting others.

We also strive to integrate Catholic teachings on environmental stewardship through outdoor PE activities. Pupils are encouraged to connect physical fitness with respect for creation, through activities such as outdoor sports and nature walks, promoting a deeper connection with God's creation.

Implementation

Our PE curriculum is inclusive, ensuring that every pupil can succeed, regardless of their abilities. We use a progression model where skills and concepts are revisited and developed over time, enabling pupils to build on prior knowledge. This ensures that each pupil grows in both physical competence and spiritual maturity.

Get Set 4 PE Scheme:

Teachers deliver two high-quality PE lessons each week using the *Get Set 4 PE* scheme. This comprehensive and progressive programme supports staff in delivering engaging and well-structured lessons across a broad range of physical activities. It ensures consistency across year groups, clear skill progression, and alignment with national curriculum objectives. The scheme also allows for flexibility, enabling activities to be adapted to meet the needs of all pupils while promoting enjoyment, challenge, and full participation.

Digital Literacy in PE:

To support the development of digital literacy, we incorporate technology into PE lessons.



Lessons begin in the classroom with clear learning objectives, whole-pupil goals, and video demonstrations. These tools help pupils visualise the activity and provide additional guidance, making it easier to follow and engage in PE sessions.

Environmental Education:

We embed environmental responsibility into our PE curriculum through outdoor activities. Pupils participate in outdoor and adventurous activities (OAA) in our Forest School, including whittling sticks, building hideouts, and cutting firewood. These activities, alongside sports in natural settings, help pupils connect with the environment and understand the importance of caring for creation. Initiatives such as the use of eco-friendly sports equipment also teach pupils about sustainability and responsible resource use.

Impact

By the end of their journey through our PE curriculum, pupils will not only be physically fit and confident, but will also embody the values of respect, fairness, and resilience. They will understand the importance of teamwork and recognise how PE fosters Catholic values of service and community.

Our pupils will leave school equipped with:

- Physical competence and the confidence to lead healthy, active lives.
- Catholic character, developed through experiences that promote fairness, respect, and resilience.
- Environmental stewardship, fostered through outdoor activities that connect them to nature and sustainable practices.
- Digital literacy that enhances their understanding of how technology can support physical health and well-being.