

# St Gregory's Catholic Primary School



**‘Loving and Learning’**

**The St Gregory's Curriculum**

**Physical Education**



*1 Corinthians 6:19-20 "Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God?"*

## **Catholic Social Teaching**

*Participation. Human Dignity, Rights and Responsibilities, Stewardship of God's Creation*

## **Catholic School Pupil Profile**

*Discerning. Curious. Wise. Active, Hopeful, Compassionate, Learned, Loving, Truthful*

## **Curriculum Intent for Physical Education**

"Faith-Fueled Physical Education: Nurturing Strong Bodies, Minds, and Souls Through Teamwork and Personal Excellence"

At St. Gregory's, we believe that Physical Education (P.E.) is more than just a physical activity; it's an opportunity to strengthen our bodies, minds, and faith while fostering teamwork, competition, and personal growth. Our P.E. program is deeply rooted in our strong Catholic faith, and we aim to instill the values of compassion, respect, and perseverance in our students, all while encouraging them to excel in both body and spirit.

### **Key Objectives:**

**Nurturing Faith and Mindfulness:** Through prayer, reflection, and discussions, we integrate Catholic values into our P.E. sessions. Students will learn to connect their physical activities with their faith, promoting a holistic approach to wellness.

**Teamwork and Community Building:** Our P.E. classes emphasize teamwork and cooperation. We believe that working together not only strengthens our physical abilities but also fosters a sense of unity and support within our Catholic community.

**Healthy Competition:** We encourage friendly competition that emphasizes sportsmanship, fair play, and respect for opponents. Our aim is to teach students that competing can be a positive experience that helps them grow both mentally and spiritually.

**Striving for Personal Excellence:** We inspire students to set personal goals and push themselves to achieve their best, both in physical activities and in their faith journey. Through self-reflection and effort, they'll learn that improvement is a continuous journey.

**Inclusive Learning:** Our P.E. program is designed to accommodate students of all abilities and fitness levels. We ensure that every child can participate and grow in their faith and physical abilities.

**Integration of Faith and Physicality:** We incorporate scripture, prayers, and moments of reflection into our P.E. lessons, demonstrating how physical activity can enhance our connection to God and promote a healthy lifestyle.

**Holistic Development:** Our approach to P.E. recognizes the interconnectedness of body, mind, and faith. We aim to develop well-rounded individuals who are not only physically fit but also spiritually and mentally strong.

In conclusion, our P.E. program at St. Gregory's goes beyond the physical realm. It aims to develop young individuals who are not only physically fit and skilled but also grounded in their Catholic faith, respectful of others, and committed to personal growth. Through teamwork, healthy competition, and the pursuit of personal excellence, we strive to create well-rounded students who embody the values of our Catholic faith in every aspect of their lives.

## **Curriculum Implementation for Physical Education**

### **EYFS (Early Years Foundation Stage): Exploring and Improving Motor Skills**

In the Early Years, we focus on nurturing the fundamental motor skills that form the foundation for physical development. We aim to create a positive environment where children explore movement, coordination, balance, and spatial awareness through play and creative activities.

#### **Implementation:**

**Exploration through Play:** We incorporate playful activities, such as crawling, climbing, jumping, and dancing, to help children develop their gross motor skills.

**Fine Motor Skill Development:** Activities like drawing, threading, and building with small objects help enhance fine motor skills, preparing them for more complex tasks.

**Outdoor Play:** Outdoor activities such as running, hopping, skipping, and ball games are integrated into daily routines to develop physical literacy.

**Creative Movement:** Children engage in imaginative activities like storytelling through movement, encouraging creativity and expression.

**Introduction to Basic Sports Concepts:** Simple sports-related activities like kicking, throwing, and catching are introduced, laying the foundation for sports understanding.

### **KS1 (Key Stage 1): Using Heads, Bodies, and Minds to Learn Skills**

In Key Stage 1, we build upon the foundational skills developed in EYFS. Students learn how to use their bodies and minds to master specific skills, emphasizing fun and cooperation over competition.

#### **Implementation:**

**Skill-Based Learning:** Students learn skills not necessarily tied to traditional sports, such as balance, coordination, agility, and spatial awareness through engaging activities.

**Problem Solving:** Activities and games encourage children to use critical thinking and teamwork to solve challenges, fostering cognitive development.

**Inclusive Approach:** Lessons incorporate adaptive strategies to ensure that every child can participate and feel valued, promoting an inclusive environment.

**Exploration of Non-Traditional Sports:** Taster sessions introduce students to activities like wheelchair basketball, bhangra dancing, and other culturally diverse sports.

## **KS2 (Key Stage 2): A Multisport Approach**

In Key Stage 2, students accumulate the knowledge and skills gained in previous stages, applying them to a wide range of sports. We aim to instill a lifelong love for physical activity and sportsmanship.

### **Implementation:**

**Sport Specialization:** Students explore various sports, including Football, Netball, Basketball, Gymnastics, Dance, Athletics, Golf, and more, to develop proficiency.

**Competition and Sportsmanship:** Friendly competitions emphasize the importance of fair play, respect for opponents, and teamwork.

**Skill Progression:** Students continually build on their skill sets, working toward mastery in their chosen sports.

**Health and Fitness:** Lessons include discussions on the importance of physical activity, nutrition, and overall well-being.

**Inclusivity and Diversity:** Taster days and special events introduce students to sports they may not have considered, promoting inclusivity and celebrating diversity.

**Interdisciplinary Learning:** Integration with other subjects such as science (e.g., understanding the body's physical capabilities) and mathematics (e.g., tracking scores and statistics in sports) provides a holistic education.

**Leadership Opportunities:** Older students may have opportunities to mentor younger ones, fostering leadership skills.

**Assessment and Evaluation:** Continuous assessment, self-reflection, and feedback from both teachers and peers are integral to the program, helping students track their progress and set goals for improvement.

By implementing this comprehensive P.E. curriculum, St. Gregory's Primary School aims to provide a well-rounded physical education experience that empowers students with essential life skills, promotes physical and mental well-being, and fosters a love for movement and sport that will extend throughout their lives.

### Curriculum Impact for Physical Education

At St. Gregory's Primary School, our Physical Education (P.E.) program is designed to leave a lasting impact on our students that extends far beyond the confines of our school grounds. We strive to cultivate physically confident, sports-loving individuals who possess a wide range of skills and values that will serve them well throughout their lives.

#### **Impact on Children:**

1. **Physical Confidence:** Our students graduate with a high level of physical confidence. Through years of skill development and practice, they have gained mastery over their bodies, enabling them to engage in physical activities with self-assurance.
2. **Love for Sport:** We instill a genuine love for sport and physical activity. Students leave with a passion for movement and a desire to explore new sports and activities beyond school.
3. **Variety of Sports Experience:** Our program exposes students to a diverse array of sports, allowing them to discover their interests and talents. They leave with a broad knowledge of different sports, enhancing their versatility.
4. **Teamwork Skills:** Our emphasis on teamwork and cooperation equips students with essential interpersonal skills. They understand the value of collaboration and are adept at working effectively in teams.
5. **Personal Excellence:** Striving for personal bests is a core principle of our P.E. program. Students are driven to achieve their full potential, setting high standards for themselves in all aspects of life.
6. **Healthy Outlook on Life:** Our holistic approach fosters a healthy outlook on life. Students recognize the importance of physical activity, proper nutrition, and overall well-being for a fulfilling life.
7. **Understanding Benefits of Sport and Nutrition:** Graduates comprehend the benefits of sports and a balanced diet. They are knowledgeable about the positive impact these factors have on their physical and mental health.
8. **Transferable Life Skills:** The skills acquired in our P.E. program are transferable to various aspects of their lives. Students can apply principles of discipline, perseverance, and teamwork in academic, personal, and professional endeavors.
9. **Lifelong Wellness:** We aim to cultivate a lifelong commitment to wellness. Our students leave with the tools and motivation to maintain an active, healthy lifestyle throughout adulthood.
10. **Positive Values:** Beyond physical skills, students graduate with values such as respect, sportsmanship, resilience, and empathy, which are woven into the fabric of their character.

In summary, the St. Gregory's Primary School P.E. program has a profound impact on our students. They emerge as physically confident, well-rounded individuals who not only excel in

sports but also carry with them a love for movement, teamwork, and a healthy lifestyle. These skills and values become an integral part of their lives, contributing to their success and well-being in the future.