

PE at St Nicholas C.E Primary Academy

Within the love of God, at St Nicholas C.E Primary Academy, our intent is for all children to participate in and enjoy a broad range of physical and sporting activities throughout their time at our school. We want our children to lead healthy, active lives, so we aim to provide opportunities to promote their health and fitness, as well as teach healthy lifestyles through other curriculum areas, such as Science and RSHE. We aim to give children opportunities to develop competence, and to excel in a broad range of activities. In our school, PE is seen as a subject that is accessible to all, whatever the individual's ability and it is fully inclusive. Children are encouraged to compete in sport and other activities, against themselves, others in the school, or taking part in inter-school leagues/ competitions. Competing builds character and helps to embed important values such as fairness, respect, and sportsmanship that we encourage and expect from our children. We feel physical activity is crucial for children's physical and mental wellbeing which is why we also employ specialist coaches to offer high quality PE experiences.

"Athletics are great. But physical education is for every youngster -- to help them learn about themselves, learn about their bodies, learn ways to become physically active but not necessarily to compete."

George Graham

Our Aims and Purpose

We aim for **all** children to:

- Be healthy and fit
- Become physically/ body confident
- Engage in a broad range of PE activities
- Learn life skills of water safety and swimming
- Develop a lifelong love of some fitness activities
- Participate, succeed, excel and enjoy competitive sport

Implementation: How do we do it?

- Use of specialist PE coaches and equipment
- Planned broad selection of activities during (including lunch time) and after school
- Sustained periods of physical activity
- Carefully planned progression of knowledge and skills
- Regular sporting competitions /events
- Use of subject specific vocabulary and key subject knowledge
- Swimming / water safety sessions for KS2

The Fundamentals

- Promotion of the importance of healthy lifestyle.
- Twice weekly PE sessions (1 x with professional coaches).
- Extra Active lunch sessions for KS1/KS2.
- PE *uniform* to be worn by all.
- A belief that PE is accessible to every child.
- Accurate use of appropriate PE vocabulary/ terminology.

Planning

We use our bespoke PE curriculum for planning, which has been designed by Elite Sports Coaching specifically to cater for the unique context of St Nicholas CE Primary Academy and is adapted on a yearly basis depending on individual cohort needs. The National Curriculum knowledge and skills progression are used as guidance, in order that all children develop appropriate skills and knowledge.

PE is linked to other curriculum areas and is often taught with Science: healthy diet, heart and human body, and RSHE: healthy choices, well-being, and mental health.



St Nicholas CE Primary Academy Sporting Opportunities

- Lunch time sports clubs & skill challenge
- After school sports clubs
- Termly sports games
- Regular interschool/ Trust competitions
- Boston School Sports Partnership
- Annual school sports day
- Visits to sports centres/ venues
- Visiting sports celebrities

