



**St. Paul's
C.E. Primary School**
Together on life's great adventure

Physical Education Intent, Implementation and Impact

'Through the love of God, we protect our school community. Together we trust, hope, persevere and flourish on life's great adventures.'

"Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity."

-John F. Kennedy

Intent

At St. Paul's C.E Primary School, our intent is to deliver a comprehensive P.E. curriculum that enables all pupils to develop essential physical, cognitive, social, and emotional skills, promoting a lifelong engagement in physical activities. We strive to create an inclusive learning environment that encourages participation, embraces diversity, and fosters a positive attitude towards physical health and well-being.

Our P.E. curriculum covers a wide range of activities, including team sports, individual sports, dance, gymnastics, athletics, and outdoor pursuits. We have a clear progression of skills and knowledge across year groups, ensuring that pupils build on their prior learning, develop competencies, and achieve their full potential. Recognising the diverse cultural backgrounds of our pupils, we integrate activities that celebrate different cultures and traditions, promoting mutual respect and understanding. Through our curriculum, we aim to inspire pupils to adopt and maintain healthy lifestyles by educating them about nutrition, the importance of regular physical activity, and the benefits of a balanced diet.

Implementation

Our physical education curriculum is carefully designed to provide a structured and progressive learning journey for pupils from Reception to Year 6. It is based on the Early Years Foundation Stage (EYFS) Statutory Framework and National Curriculum, which defines clear learning objectives and ensures a logical progression of skills and knowledge acquisition throughout the primary phase. To ensure outstanding implementation of the P.E. curriculum, St. Paul's C.E Primary School adopts a range of effective strategies and practices:

- **High-Quality Teaching:** Our staff are qualified, experienced, and up-to-date with current best practices in P.E. teaching. They deliver engaging and well-structured lessons that cater to the diverse needs of pupils.
- **Timetable and Facilities:** P.E. lessons have dedicated and regular time slots allocated in the school timetable, ensuring all pupils receive the required hours of physical activity. We have well-maintained sports facilities and resources that support a variety of sports and activities.
- **Cross-Curricular Links:** We establish links between P.E. and other subjects, such as mathematics, science, and geography, to enhance pupils' understanding of health, fitness, and the scientific principles behind sports.

Impact

The P.E. provision at St. Paul's C.E Primary School has a significant positive impact on pupils, with observable outcomes in the following areas:

- **Physical Development:** Pupils demonstrate improved physical fitness, enhanced motor skills, coordination, agility, and strength.
- **Well-being and Mental Health:** Regular physical activity improves mental well-being, self-confidence, resilience, and concentration, thus positively impacting pupils' overall emotional and mental health.
- **Academic Achievement:** Research has shown a positive correlation between regular physical activity and academic attainment. Physical exercise improves cognitive function, memory, and attention span, leading to improved academic performance.

- **Pupil Engagement and Participation:** The inclusive nature of our P.E. provision ensures high levels of pupil engagement and participation, fostering a lifelong love for physical activities and creating positive habits for the future.
- **Community and Personal Development:** Our P.E. activities promote teamwork, leadership skills, perseverance, and respect for others, enabling pupils to develop strong personal values and contribute positively to their community.