Physical Education at English Martyrs' RC Primary School

School Mission Statement

At English Martyrs' RC Primary School, rooted in the teachings of scripture and inspired by Christ's love, we strive to create a nurturing and inclusive community where every child is recognised as a unique gift from God. We work in close partnership with parents, acknowledging them as the first educators of their children, to support each child's spiritual, moral, and academic development. We foster a welcoming and safe environment where children are encouraged to grow in faith, show kindness, and develop respect for others, while embracing the richness of diverse cultures within our school community. Guided by our shared values and our motto, we aim to help our pupils become confident, caring individuals who live with integrity and bring light to the world.

Stand firm. Show kindness. Seek excellence. Ubi Caritas

Intent

It is our intent at English Martyrs 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.

Pupils develop both substantive knowledge (such as movement, rules, tactics, health and fitness) and disciplinary knowledge (how to perform, evaluate, improve and apply skills in different physical activities).

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. We want to teach our children the importance of a living a healthy active life.

We also aim to develop pupils' cultural capital by exposing them to a wide range of sports, physical activities, and competitive experiences, helping them to understand the importance of physical activity in different communities and cultures.

Implementation

Physical Education, which includes gymnastics, dance, swimming, tennis and invasion games, is an important part of the school curriculum and the National Curriculum. PE is taught for a minimum of two hours each week. We use PE Planning as the foundation of our PE curriculum, providing a progressive sequence of lessons that develops both fundamental movement skills and sport-specific knowledge from EYFS

to Year 6. The curriculum is carefully structured to ensure that pupils build their skills, knowledge and confidence over time.

To further enrich the curriculum, Twinkl Move PE resources are used to support the teaching of dance and gymnastics across the school. In the Early Years Foundation Stage, Write Dance is used to develop gross and fine motor control, coordination, physical confidence and the movement patterns that underpin successful early writing. This provides a strong foundation for children's physical development and early literacy skills.

The school has a hall with a climbing frame and gymnastic equipment, a large playground with two netball courts and a field with a climbing gym. Throughout the year KS2 classes each have a block of swimming lessons which include water safety. These sessions take place in Hilltop Swimming Pool. We are affiliated to the Howard Partnership and the Medway Mini Youth games, giving us opportunities to regularly compete with schools across the Medway. Through the interschool activities we enter a range of competitions such as, hockey, basketball, netball, rugby, football, swimming and athletics.

Pupils participate in weekly high-quality PE and sporting activities. 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. Physical activity extends beyond timetabled PE lessons. Across the school, teachers make use of BBC Super Movers to provide active learning opportunities and purposeful movement breaks, helping pupils to revisit key curriculum knowledge while promoting physical activity, concentration and wellbeing throughout the school day.

Key vocabulary (such as balance, coordination, stamina, agility, and teamwork) is explicitly taught and revisited to support pupils in understanding and discussing their performance.

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.

In the Early Years Foundation Stage, children begin to develop their physical skills through structured PE lessons, outdoor provision and carefully planned play-based activities. Opportunities to explore movement, coordination and control are woven throughout the continuous provision, enabling children to develop balance, agility, body awareness and confidence. The Write Dance programme further strengthens gross and fine motor development, supporting writing readiness and future learning.

Impact

Our curriculum aims to improve the wellbeing and fitness of all children at English Martyrs, 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 to live happy and healthy lives.

Pupils will demonstrate increasing confidence in physical skills, an understanding of teamwork and fair play, and an ability to evaluate and improve their performance.

They will show awareness of the importance of physical activity for health and well-being, contributing to their readiness for an active and healthy lifestyle.