

Provision of Physical Education

At St Joseph the Worker school we aim to deliver high quality physical education that meets the need of all children both within the lesson, in extra- curricular clubs and competitions.

Through P.E. we expect children to acquire:

Knowledge and understanding

- To understand the rules of different games.
- To understand the concept of fair play.
- To understand how to prepare for the physical activity undertaken.
- To understand how to develop team tactics.
- To understand the movement principles of movement composition.
- To be able to evaluate their own and others' performance.

Physical Skill

- To experience a scheme of work that includes ***Planning, Performing and Evaluating*** as a process of development.
- To experience a comprehensive range of tasks and activities that enable progress in a variety of physical settings.
- To enable pupils to leave our school with a range of sound physical skills which allow participation in varied and exciting physical contexts.

Personal and Social Development

- To develop self-confidence and self-esteem.
- To encourage respect for the individual, the group and property.
- To develop fair play and team spirit.

Health and Lifestyle

- To develop strength, suppleness and stamina through a structured programme which relates to age and ability.
- To appreciate and value exercise in its relationship to a healthy lifestyle.

Children acquire these skills through a broad, balanced and varied curriculum which is delivered by quality teaching and well-resourced equipment, suitable for age and ability.

In KS1 children have the opportunity in their P.E. lessons to access:

Games

Gymnastics

Dance

Athletics

Swimming

Karate

In KS2 children have the opportunity in their PE lessons to access:

Invasion Games

Netball

Tag Rugby

Football

Quick sticks hockey

Basketball

Striking Games

Rounders

Cricket

Net Games

Tennis

Volley ball

Badminton

Swimming

Gymnastics

Dance

Athletics

Running

Jumping

Throwing

The school provide many opportunities for sport's coaches and outside agencies to work with class teachers in the delivery of high quality P.E. lessons.

This enables:

- The children to access specialist coaching.
- The teachers upskill their own knowledge and understanding.
- The school develop links with outside agencies and clubs.
- The opportunity to discuss assessment of the children with coaches.

There are a variety of clubs on offer to the children through the school year:

KS1: Multi skills

KS2: Multi skills, Running, Netball, Football, Dance (led by Year 6 Pupils), Basketball, Indoor Athletics, Tennis, Cricket, Athletics and Rounders.

Through the school sport partnership children have the opportunity to experience Orienteering, Rowing, Boccia, New Age Kurling, Golf, Tennis, and Mini Olympics.

In Year 4 and 6 the children have the opportunity to develop their cycling skills and road sense through the Bikeability Course.

Competition

The children are challenged in the competitive sport on offer to them, these include; football, netball, kwik cricket, cross country, sporthall athletics, athletics, basketball, tennis, rounders, golf and orienteering. They also compete against each other on sport's day and through intra school competitions.

Through the SSSP some of our gifted and talented children are invited to attend after school sessions to work with other children of similar ability.

Details of our Sports Premium Funding can be accessed through the Reports in the Main Menu.

Sainsbury's School Games Mark

Due to our commitment to and development of competition, school sport and physical education we are delighted to announce that we have been awarded the Platinum Level Sainsbury's School Games Mark 2018/19 academic year.