

Curriculum Intent (What do we want for the children at St Nicholas?)	Curriculum Implementation (How will we achieve this for our pupils?)	Curriculum Impact (How will we know if we have achieved this?)
<p>Our aims in teaching Physical Activity are that all children will build upon their natural pleasure in physical exercise to:</p> <ul style="list-style-type: none"> • Experience a variety of types of movement and activity. • Enjoy the development of physical skills. • Encourage a healthy lifestyle and develop a positive attitude to being active, which may be carried onto adult life. • Plan and make decisions in response to tasks. • Develop confidence and a sense of achievement through maximum participation. • Adopt appropriate roles and appreciate and evaluate performance both in themselves and of others. • Learn how to cope with success and limitations in performance. • Value others and appreciate fair play while working in co-operative and competitive situations. • Develop knowledge and understanding of the need for rules. • Encourage the development of teamwork skills. • Understand and appreciate the importance of safety. • Ensure that all pupils have quality PE and sport each week 	<p>At St. Nicholas School PE is delivered for each class on a twice weekly basis. Children in Reception and Key Stage 1 follow the EYFS curriculum. In Key Stage 2, pupils follow an adapted curriculum based on the Physical Education National Curriculum. This ensures we provide a physical activity programme, which is broad, balanced and fully inclusive, suiting the needs of all pupils.</p> <p>Our curriculum is implemented through:</p> <ul style="list-style-type: none"> • A scheme of work that considers the differences in stages of development; previous movement experiences; age; and fitness and skill levels. • A variety of equipment that enables us to make tasks more/less challenging as needed • Using a range of teaching approaches that makes physical activity interesting and fun • Using signs and symbols to support children in their understanding • Skills being taught through demonstration by the teacher and/or pupils • Children being taught individually, in pairs, in groups or as a whole class • Ensuring that all pupils are aware of the need to exercise and know the importance of warming up and cooling down. • Records of progress in PE being kept for each child in each area of activity. These provide on-going monitoring of PE lessons in order to ensure that high quality outcomes are achieved and previous skills are consolidated and built upon accordingly. • Building and utilising relationships with outside organisations that provide targeted learning. <p><u>Facilities and Resources</u></p> <ul style="list-style-type: none"> • At St Nicholas School, we have an indoor hall equipped with wall bars and a range of good quality gymnastics equipment. We are resourced to deliver all areas of study for PE. • We also have a full-sized trampoline with safety ends, to deliver Rebound Therapy to the pupils in Key Stage 2, by the PE team who are qualified instructors. • We have a wealth of outdoor facilities, which include a trim trail and playgrounds for each Key Stage. Each area has markings and equipment suitable for each age group. • We have a Multi Activity Games Area (MUGA) for all children to use. • We have a large playing field, which is used by the whole school and is where our yearly Sports Day is held. • Children in Year 4 have weekly swimming lessons with a qualified swimming teacher at a local school. • After school sports club; football club led by qualified football coach. 	<p>St. Nicholas School has a supportive ethos and our approaches help the children in developing their collaborative, resilience and independence skills. Throughout our physical education curriculum, we want our pupils to enjoy taking part in all physical activity and be motivated to improve their performance and evaluate and recognise their own success. We want to provide opportunities for pupils to become physically confident in a way which supports their health and fitness. We believe giving the pupils opportunities to take part and compete in sport and other activities will build character and help to embed values such as fairness and respect.</p>