



Physical Education Intent Statement

At St. Joseph's Catholic Primary School, Physical Education (PE) is a vital part of our curriculum that reflects our commitment to nurturing the whole child—body, mind, and spirit. Rooted in our Catholic ethos, PE encourages pupils to share God's love by caring for their bodies and respecting others through teamwork and fair play. Through engaging, inclusive, and well-sequenced physical activities, we aim to develop pupils' confidence, resilience, and responsibility, fostering thoughtful choices about health and wellbeing. PE supports our vision of creating a calm, nurturing environment where every pupil can thrive and prepares them for lifelong physical activity, healthy living, and positive contribution to their communities.

Key Aims

- To provide all pupils with high-quality, inclusive PE experiences that develop fundamental movement skills, physical fitness, and coordination.
- To cultivate pupils' positive attitudes towards physical activity, promoting motivation, cooperation, independence, stickability, curiosity, and creativity as our core learning behaviours.
- To ensure pupils develop a secure understanding of the importance of health, wellbeing, and physical activity as part of a balanced lifestyle.
- To build pupils' confidence and competence to participate in a broad range of physical activities, preparing them for active participation in school, community, and future education settings.
- To embed progressive skills development that is accessible to all pupils, including those with SEND and those facing additional barriers, through considered adaptations and targeted support.

Content and Skills

Pupils will develop a broad repertoire of physical skills including agility, balance, coordination, and control through activities such as gymnastics, dance, games, athletics, and swimming. They will learn to apply these skills in team and individual contexts, understanding rules, tactics, and fair play. Pupils will be taught to evaluate their own and others' performance, fostering self-awareness and reflective learning. The curriculum explicitly links to health education, teaching pupils about the benefits of regular exercise, healthy eating, and mental wellbeing. From Year 3 onwards, pupils will also be introduced to language related to PE, enriching their communication skills and cultural understanding in line with the school's subject vision for language learning.

Progression

Learning in PE is carefully sequenced to build on prior knowledge and skills, ensuring pupils master foundational movements in Key Stage 1 before progressing to more complex physical challenges and strategic thinking in Key Stage 2. Teaching is designed to revisit and deepen key concepts such as motivation, cooperation, independence, stickability, curiosity, and creativity throughout the primary phase. Regular assessment and monitoring ensure that teaching is adapted to meet individual needs, including those of pupils with SEND or English as an additional language, securing progress and confidence.

Wider Impact

PE at St. Joseph's plays a crucial role in promoting pupils' physical, social, and emotional development. It enhances pupils' self-esteem and wellbeing, contributing to a calm and focused learning environment across the school. Through collaboration and leadership opportunities within PE, pupils develop responsibility and respect, reflecting our Catholic values and social teaching. The subject also supports pupils in understanding how to care for their bodies and minds, equipping them with the knowledge and habits to lead healthy, active lives beyond school. By fostering a love of movement and physical challenge, PE prepares pupils for their next stage of education and instils the confidence to engage positively in their communities and future lifestyles.