



Physical Education

Curriculum Statement

At Our Lady of the Rosary we intend to offer a high-quality physical education curriculum that inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. We aim to create a culture which inspires an active generation to enjoy PE, to encourage each other and to achieve. We provide a safe and supportive environment for children to flourish in a range of different physical activities which is essential in supporting their physical, emotional, spiritual, social and moral development.

What does Physical Education look like at Our Lady of the Rosary?

- All children have 2 hours of high quality PE each week. We ensure that children experience a wide range of physical activities which will inspire them to maintain a healthy lifestyle.
- ♦ We have a specialist dance teacher who works with each class. Pupils learn key dance skills and an introduction to yoga and meditation.
- ♦ All children will have a term of gymnastics developing key skills of agility, balance and movement.
- ♦ We provide opportunities for swimming so that all children are able to swim 25metres by the time they leave in Year 6.
- ♦ Outdoor and adventurous activities is a key part of our curriculum and we have fantastic grounds for our forest school for all year groups To find out more, see our website

<https://www.ourladyoftherosary.org.uk/forest-school-1/>





Key characteristics of Physical

- Our PE curriculum is supported by coaches from Future Stars who deliver some of our lessons. They also provide high quality CPD to our staff enabling them to raise standards in the delivery of their lessons. PE is fun and pupils are highly engaged.
- All pupils will have a lesson approx. 35 minutes long on a Tuesday or Friday morning. They will also have an afternoon lesson of approx. 1 1/2 hours which will be either led by the class teacher, Future Stars, Dance teacher or Forest School lead.
- Children in Year 3 and 4 have two terms of swimming each year. If a child has not achieved swimming 25metres, they will have catch up in Year 6.
- Forest Schools is a key part of our curriculum and children from all year groups participate in this.
- All children will have the opportunity to fulfil 30 minutes of daily exercise. To encourage physical activity at lunchtimes we provide a variety of equipment for pupils to use. We have some organised activities run by Future Stars and have trained some of our Year 6 pupils to be Playground Leaders.
- Extra curricular sports are available after school. These include netball, football, dance and invasion sports. We also sign up for local competitive sports organised by our local secondary school.

Curriculum Coverage

Year group	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year R	Multi-skills: catching and throwing, rolling		Gymnastics	Invasion games	Forest School/ Dance	Forest School/ Dance
Year 1	Multi-skills: catching, throwing, rolling and bouncing		Gymnastics	Invasion games	Striking and fielding	Athletics
	Team building work		Forest School/ Dance	Forest School/ Dance	Tennis	Striking and fielding
Year 2	Multi-skills: catching and throwing, bouncing	Hockey	Gymnastics	Invasion games	Striking and fielding	Athletics
	Multi-skills: catching and throwing, bouncing	Hockey	Forest School/ Dance	Forest School/ Dance	Tennis	Rounder's and Cricket
Year 3	Tag rugby	Hockey	Swimming	Gymnastics	Rounder's and Cricket	Athletics
	Forest School/ Dance	Forest School/ Dance	Hockey	Netball	Tennis	Rounder's and Cricket
Year 4	Tag Ruby	Hockey	Gymnastics	Swimming	Rounder's and Cricket	Athletics
	Invasion games	Tag Rugby	Forest School/ Dance	Forest School/ Dance	Tennis	Rounder's and Cricket
Year 5	Tag Ruby	Hockey	Gymnastics	Netball	Rounder's and Cricket	Athletics
	Forest School/ Dance	Forest School/ Dance	Football	Hockey	Orienteering	Rounder's and Cricket
Year 6	Tag Ruby	Hockey	Gymnastics	Netball	Rounder's and Cricket	Athletics
	Invasion games	Tag Rugby	Hockey	Orienteering	Forest School/ Dance	Forest School/ Dance



Some of the benefits of being more active

- Children learn how to be part of team, respecting one another
- Increased confidence and self-esteem
- Improved mental wellbeing
- Enhanced social skills
- Increased resilience
- Improved sleep leading to better learning and concentration
- Better focus and behaviour in class
- Developing a healthy lifestyle
- Developing communication and vocabulary

Enrichment

At Our Lady of the Rosary there are a range of activities for your child to participate in. These clubs are run by Future Stars, Swift Sports and school staff. We are constantly trying to expand our range but currently we offer:

- Dance for all pupils in Key Stage 2
- Multi-sports for pupils from Year 1—Year 6
- Netball for Year 5 and 6
- Football for all pupils in Key Stage 2

We encourage our pupils to take part in competitive sport and join the leagues run at St Bede's Catholic College.

We have a House Sports Day with teams competing against each other in a variety of physical activities so that it is fully inclusive.

We also have Sports Day for our parents where pupils compete at an individual level and celebrate their learning.

We also enter the Small Schools Swimming Gala and traditionally are very successful—last time we were first!