

## **P.E**

At St Oswald's, we aim to provide a high-quality physical education curriculum that inspires all pupils to succeed and excel in competitive sport and physically demanding activities. We strive to nurture a lifelong love of movement and sport by helping children enjoy PE, understand the benefits of regular exercise, and appreciate its positive impact on both physical and mental wellbeing.

### **Intent**

At St Oswald's, we aim to deliver a high-quality PE curriculum that inspires all pupils to enjoy, succeed, and excel in sport and physical activity. Our inclusive approach ensures every child, regardless of ability, has access to a wide range of sports tailored to their needs.

Through a carefully sequenced curriculum, pupils build key knowledge and skills year on year. We want children to develop confidence, make meaningful connections across different sports, and understand the importance of staying active for their physical and mental wellbeing. Our ultimate goal is to foster a lifelong love of sport and healthy living.

### **Implementation**

PE is taught twice weekly, using the Get Set 4 PE scheme alongside support from a skilled sports coach. Lessons are structured to include warm-ups, skill development, and cool-downs, with a focus on progression and participation.

Teachers adapt lessons to support and challenge all learners, ensuring high levels of engagement and inclusion. Children also take part in a wide range of intra- and inter-school events, developing teamwork, resilience, and sportsmanship.

### **Impact**

Our PE curriculum helps pupils become active, confident, and skilled across a range of sports and physical activities. They develop teamwork, leadership, and resilience, while understanding the importance of staying fit and healthy; both physically and mentally.

Ultimately, children will leave St Oswald's with a love of sport, a sense of responsibility for their own health and fitness, and an understanding of how physical activity supports their overall wellbeing.