

Physical Education

Our offer

At St Peter's we aim to embed a love of physical activity which instils lifelong healthy habits and self-confidence in every child. Every pupil receives the recommended two hours per week during school time and our broad and balanced curriculum is carefully planned to develop key skills as pupils progress through the school.

PE is taught by specialist sports coaches and overseen by the PE lead. Logistically, this allows for equipment to be ready as soon as pupils arrive, maximising the time for physical activity. Pupils are given opportunities to learn new skills in a safe and supportive environment. We strive to provide stimulating, enjoyable and appropriately challenging learning experiences for every child whatever their abilities or additional needs. Pupils are assessed regularly to enable us to adapt teaching and planning to ensure good progress for each child. Staff consult pupils to ensure that each one is having a positive PE experience.

A before school swimming club offer lessons for pupils of all ages and abilities. The school is committed to teaching every child to swim 25m before they leave school. Provision is made for those not in a position to fund the lessons.

Many additional opportunities are promoted to encourage pupils to join clubs before school, at lunch time and after school, so that they can apply their skills and develop new ones.

We also encourage activity throughout the school day and teach the link between physical and mental fitness. St Peter's has held the national Sports Mark Gold Award for several years which recognises the strength of PE and the inclusive opportunities for sport throughout the school.

Pupil Experience

In line with the national curriculum, KS1 pupils become increasingly competent and confident as they develop fundamental movement skills such as running, jumping, throwing and catching. They access many opportunities to extend their agility, balance and coordination both individually and with others. Pupils participate in team games, developing simple tactics for attacking and defending. Pupils also perform dances using simple movement patterns and develop an appreciation of rhythm and time.

In KS2 pupils continue to develop a broader range of skills, learning how to apply and refine their actions and sequences of movement. They are encouraged to communicate, collaborate and compete with each other. Pupils develop an understanding of how to improve in different physical activities and sports and also learn how to evaluate and recognise their own success. Pupils are taught to use running, jumping, throwing and catching in isolation and in combination. They play competitive games, modified where appropriate. Through these games they apply basic principles suitable for attacking and defending. Pupils develop flexibility, strength, technique, control and balance and

will perform dances using a range of movement patterns. Different styles of dance are experienced across the curriculum.

All PE lessons seek to underpin a love of PE with important values: co-operation, teamwork, leadership, respect, fair play and inclusion. Pupils are encouraged to set themselves personal challenges and to compare their subsequent performances to achieve their personal best. They are encouraged to reflect on their performance and discuss strategies and teamwork. Pupils work individually, with peers and in small groups to determine their next steps and to celebrate success.

Sport for all

Pupils are also encouraged to compete in both intra and inter school events, festivals and competitions. We actively seek to offer opportunities to as many children as possible and participate in almost 100% of the events hosted by Active Surrey and the local confederation. These include events targeting pupils at all ability levels, as well as those who are least active. We consistently have the highest number of children attending the Farnham Schools Cross Country – one of our most open and inclusive sporting events. This inspires all pupils to succeed and excel in competitive sport and to have the honour and excitement of representing their school. This major event, which involves almost 500 local KS2 runners, is key to enthusing all pupils to run and achieve their personal best.

We offer a huge range of sports clubs that all children are encouraged to join. We keep a record of all pupils' participation and look to encourage those who are not taking part.

We have established contacts with many community clubs including football, tennis, gymnastics, athletics, netball, hockey, roller hockey, rugby, tennis and floorball and will always seek to put interested and talented pupils in touch with these clubs. We also invite these specialists into school and have run taster sessions and more regular clubs.

Pupils develop leadership skills through sport especially in upper KS2. We appoint Daily Mile leaders, sports captains and sports crew. We invest in training these pupils and give them opportunities to shine and grow. They play a vital role in whole school events, such as sports day, as well as running inter-school events for KS1.



What is the impact on pupils going forward?

At St Peter's we aim to use physical activity as a tool to improve pupils' general health and well-being. While a good number of our pupils go on to represent their secondary schools in sports teams, some have shone at district, county and even national level. Others use their leadership qualities to support other pupils either in sport or in other aspects of school life.

Through participating in physical activities both individually and in teams, pupils are able to put our school values (*Courage, Inclusion and Active Citizen*) into practice. They collaborate with others and learn to respect rules while developing a love of physical activity that will serve as a foundation for success in later life. We believe that physical activity and PE teaching have a key role in supporting pupils to become motivated, ambitious, resilient and considerate. Pupils leave St Peter's with a clear understanding of the role that physical exercise will play in their future well-being.

