



# Christ the King Catholic Primary School



## Curriculum Design for PE

PE Curriculum Aims

## Intent

At Christ the King Catholic Primary School, we believe it is paramount to provide opportunity for children to become physically confident to help promote their health, fitness, and wellbeing. We intend to deliver high quality PE teaching that will inspire children to succeed in their physical development as well as providing them with skills for life. These skills include being taught how to swim and water safety techniques. We intend to do this in a safe and supportive environment that will provide all children with equal opportunities to thrive in physical education and school sports. Our curriculum will combine the physical skills needed to play sport as well as learning how to collaborate and cooperate with one another as these skills are vital in all areas of life inside and outside of school. We believe that quality PE lessons will foster a love of physical activity and team games which has a positive benefit to individuals throughout their lives.



**Being an athlete at Christ the King**



## Implementation

Our PE lessons are delivered through the fully comprehensive '[Get Set for PE](#)' scheme. This provides teachers with in-depth planning to deliver a range of high-quality lessons. 'Get Set for PE' works in line with the national curriculum to ensure coverage of skills and progression of skills is most important. Children are exposed to a range of indoor and outdoor PE lessons, twice a week. These lessons include fitness activities, invasion games, strike and field games, net and ball games, outdoor adventure, dance, and gymnastics.

At Christ the King, we think it is imperative that our children have the opportunity to represent themselves and our school at various sporting events throughout the school year. Opportunities arise within the Bournemouth cluster to compete with our sister schools St Joseph's Catholic Primary School and St Mary's at events at our schools.

All children in KS2 at Christ the King will be able to swim 25 metres before they leave our school.

We are also fortunate enough to host a range of after-school clubs and extra-curricular activities such as football, dance, or through our external provider, Rise. It is encouraged that our children try and take part in at least one after school activity.

## Impact

At Christ the King we ensure that our PE curriculum is progressive and allows children to develop fundamental skills and apply them to a variety of sports and activities. All children are provided with the necessary skills and given opportunities to demonstrate improvement to achieve their personal best. Our pupils are physically active, and this has a positive impact on their learning in the classroom. Children understand how to lead a healthy lifestyle and understand the importance of regular exercise. We aspire for children to enjoy PE and develop a love of sport and physical activity which becomes part of their future life outside of primary school. Children can represent the school at sporting events/multi-skills festivals and other partnership activities from local to county level. Alongside this, we share sporting achievements both in and out of school in our collective worship, so that we are promoting sports and activities, as well as celebrating all levels of success.