



Physical Education at St. John's

At St John's CE Primary School, we aim to inspire all children and for each child to fulfil their potential. We want the children's experience of PE to be positive and motivating.

We intend to deliver high-quality teaching and learning opportunities that inspire all children to succeed in physical education and in developing life skills. We want to teach children skills to keep them safe such as being able to swim. We also want to teach children how to cooperate and collaborate with others as part of an effective team, understanding fairness and equity of play to embed life-long values. Our curriculum aims to improve the wellbeing and fitness of all children at St Johns, not only through the sporting skills taught, but through the underpinning values and disciplines PE promotes.

PE is taught weekly in both KS1 and KS2 where class teachers plan their sessions using The Wirral Scheme of Work to cover a broad and full range of skills and activities. Children in Key Stage 2 attend swimming lessons in a local pool for 10 weeks per year per class; where they learn to swim 25 metres competently and confidently in a range of strokes by the end of Year 6 along with meeting the National Curriculum swimming targets for their year group.

Through our well planned curriculum, children will learn the skills to enable them to participate successfully in a range of different sports or activities. Opportunities include (but are not limited to):

- Netball
- Tennis
- Tag rugby
- Tri golf
- Dance
- Gymnastics
- Multiskills
- Athletics
- Outdoor and Adventurous Activities (OAA)
- Hockey

In EYFS, the aim of PE is to improve skills of coordination, control, manipulation and movement; they will develop large motor skills through jumping, hopping, skipping, climbing and running. Opportunities for these skills to develop are planned in discrete lessons as well as during continuous provision.

Children also have the chance to be active in wide range of after school clubs run by staff and outside providers. Clubs on offer vary during the year to ensure we cater for different interests and hopefully inspire children to try something new!

Strong links with our local high school – Stanley High – enable children from St John's to be involved in competitions throughout the year including participation in Southport School Sports Week which runs each year.