



PE Curriculum Statement

At St Catherine's Primary School, our Physical Education curriculum is designed to meet the requirements of the National Curriculum while inspiring all pupils to develop a lifelong commitment to physical activity, health and wellbeing.

Intent

At St Catherine's, we recognise the vital role Physical Education plays in supporting children's physical development, mental wellbeing and social growth. Our aim is to develop physically literate pupils who have the motivation, confidence and competence to lead active, healthy lives.

We provide a broad, inclusive and ambitious curriculum that enables all children to:

- Develop fundamental movement skills and physical competence
- Build resilience, confidence and independence
- Experience both competition and collaboration
- Develop leadership and communication skills
- Understand the importance of physical and mental wellbeing

Inclusion is at the heart of our curriculum. We ensure that every child, regardless of ability or background, feels valued, supported and appropriately challenged. Through engaging and meaningful experiences, we aim to foster a lifelong enjoyment of physical activity.

Implementation

Our PE curriculum is carefully sequenced to ensure clear progression in skills, knowledge and understanding across all year groups.

We deliver this through:

- A progressive curriculum rooted in physical literacy, developing agility, balance and coordination before applying these skills in a range of sports and activities
- High-quality teaching supported by progression maps, clear planning (getset PE) and assessment strategies
- Ongoing professional development (CPD) for staff, including collaboration with specialist coaches



- The consistent use of technical vocabulary, modelling and demonstration to deepen understanding

Lessons are inclusive and adaptive to meet the needs of all learners. This includes:

- Differentiated activities and levels of challenge
- Adapted equipment and rules
- Opportunities for both cooperative and competitive learning

We also offer a range of extra-curricular opportunities, including clubs, competitions and events, to further enrich pupils' experiences and encourage participation beyond the curriculum.

Impact

Our PE curriculum ensures that pupils leave St Catherine's as confident, competent and motivated individuals who value physical activity as an important part of their lives.

As a result, pupils:

- Demonstrate improved physical skills, fitness and coordination
- Show confidence and resilience through participation in physical activity
- Understand how to lead healthy, active lifestyles
- Participate enthusiastically in both competitive and non-competitive sports
- Work effectively as part of a team and show respect, fairness and sportsmanship

Ultimately, we aim for all children to develop a positive relationship with physical activity, supporting both their current wellbeing and their future health.