**Intent**

At All Saints Primary School, we are SPORTS SUPERSTARS!

At All Saints Catholic Primary School, our Physical Education program is designed to foster a lifelong appreciation for health, fitness, and well-being. We aim to develop the physical skills, teamwork, and resilience of every student, encouraging them to participate actively in a variety of sports and activities.

Our curriculum is rooted in the values of respect, responsibility, and community, promoting not only physical development but also social and emotional growth. We believe that every child has the right to experience success in physical education, and we strive to create an inclusive environment where all students can thrive, regardless of their abilities.

Through our PE program, we seek to instil a sense of discipline and commitment, teaching students the importance of maintaining an active lifestyle. We celebrate individual achievements and collective efforts, guiding our students to understand the benefits of teamwork, sportsmanship, and healthy competition.

Ultimately, our intent is to inspire our students to embrace physical activity as an essential component of their lives, nurturing their bodies, minds, and spirits in alignment with our Catholic values.

**Implementation of Physical Education at All Saints Catholic Primary School**

At All Saints Catholic Primary School, Physical Education is delivered by our dedicated and passionate teaching team, which includes class teachers, specialist swimming instructors, and visiting experts such as LFC football coaches and rugby coaches. We encourage our students to compete as individuals or as teams in various competitions across Liverpool and the wider county.

PE is taught as a distinct area of learning, as well as integrated with other subjects whenever possible. Students receive a minimum of one two-hour PE lesson each week. The key knowledge and skills for each topic are mapped across year groups, ensuring that students progressively develop their understanding of games, dance, gymnastics, athletics, and outdoor adventurous activities starting from KS2. This systematic approach builds on previous learning and prepares students for future challenges, aligned with the expectations set by the 2014 National Curriculum.

We follow the National Curriculum and utilise the "PE Hub" program of study. From Nursery to Year 6 every child will experience a wide range of sports such as athletics, basketball, cricket, football, tennis and even more! They will benefit from having quality PE lessons taught by our own staff and LFC Foundation Coaches. Our main aim is to encourage children to enjoy sport and physical activity and incorporate it in their daily lives. Our curriculum has been written using The PE Hub’s model of HEAD, HAND, HEART.

Head – The thinker; confident, deep learner and decision-maker.

Hand – The physical being; physically competent, physically active and competitive.

Heart – The behaviour changer; developing socially and emotionally, involved and engaged, developing character and values, leading a healthy active lifestyle.

Our curriculum ensures that knowledge and skills are built upon year by year, focusing on fundamental skills like agility, balance, coordination, and fitness. Students participate in individual and team activities using age-appropriate PE equipment. In KS2, students will also benefit from structured swimming sessions.

Each new unit of work begins with a recap of related knowledge from previous years, helping students retrieve and reinforce their learning. New vocabulary is introduced in context to promote long-term memory retention and application in physical activities.

Lessons are designed to incorporate cross-curricular links and make use of our school’s grounds and local community facilities. This varied curriculum aims to ensure that all students enjoy physical activity and experience success in sports. Our extensive extracurricular provision offers additional challenges and opportunities for diverse physical activities, allowing all children to engage at their own developmental level. Teachers tailor lessons to meet individual needs, ensuring students build skills and understand the basic rules of various games. We emphasize positive competition and good sporting attitudes, providing a safe environment that lays the foundation for lifelong physical activity.

Additionally, our older students have the opportunity to become 'Play Leaders,' helping to develop their leadership skills while supporting the physical growth of younger peers. During playtimes, all areas are accessible, offering children the choice of structured games, imaginative play, conversation, or quiet spaces, fostering a well-rounded approach to physical and social development.

**Impact**

At All Saints Catholic Primary School, our Physical Education program has a profound impact on our students’ overall development. Through a structured and engaging curriculum, children develop essential physical skills, confidence, and a lifelong love for fitness and health. Participation in diverse sports and activities fosters teamwork, resilience, and good sportsmanship, helping students to thrive both individually and as part of a community.

Our commitment to inclusivity ensures that every child, regardless of ability, experiences success and enjoyment in physical activities. As a result, students leave primary school not only as competent athletes but also as well-rounded individuals with the understanding and motivation to maintain active lifestyles. The positive experiences gained in PE contribute to improved physical health, enhanced social skills, and a strong foundation for lifelong engagement in sports and physical activity.