

The Good Shepherd Catholic Primary School



*Following Jesus,
The Good Shepherd,
in all we say and do*

Our PE Curriculum



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Physical Education: Intent

At The Good Shepherd Catholic Primary School, our Physical Education (PE) curriculum is designed to foster holistic growth, physical development and confidence in our pupils. Guided by the 'Real PE' framework, we focus on developing the physical literacy, emotional and thinking skills to achieve in PE, sport and life. Our curriculum is taught through a child-centered approach that meets each student at their unique developmental stage. We provide an inclusive, enjoyable and engaging environment where every child feels empowered to participate actively and develop a lifelong love for physical activity. High quality teaching and learning in PE is characterised by a broad, holistic approach where the aim is to develop the 'whole child.'

Our curriculum fosters physical, social and emotional development through a diverse range of physical activities designed to:

- Enhance Physical Health: Pupils will learn the value of physical activity for maintaining lifelong health and fitness. By engaging in various sports, exercises and fitness activities, pupils will improve their strength, flexibility, coordination, and endurance.*
- Develop Fundamental Movement Skills: Pupils will practice and refine motor skills that are fundamental for all physical activity, helping them achieve proficiency in movements that promote effective participation in team and individual sports.*
- Promote Social and Emotional Skills: Through collaborative team activities and competitive sports, pupils will learn to communicate effectively, build teamwork, display sportsmanship and resolve conflicts constructively.*
- Instill a Lifelong Appreciation for Physical Activity: Pupils will explore a variety of physical pursuits, from team sports to individual fitness activities, to help them find personal enjoyment in movement and understand its importance in their lives.*
- Encourage Personal Growth: The PE curriculum encourages pupils to set personal fitness goals, recognize their progress and foster resilience and perseverance.*

PE & Sport Premium – Intent

At The Good Shepherd Catholic Primary School, we are committed to using the PE and Sport Premium funding to enrich our physical education, sport and physical activity offerings, creating a culture of health, well-being and lifelong fitness for all our pupils. Our intent is to foster an inclusive, positive environment where pupils develop the skills, confidence and habits needed to lead active lives. Through structured PE lessons and diverse activities, we aim to equip pupils with the skills needed to enjoy and succeed in sports and fitness. Our curriculum and extracurricular offerings provide opportunities for all pupils to engage in regular physical activity, helping them build healthy habits for the future.



Implementation

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Each class receives two hours of PE each week, delivered by the class teacher. Each lesson is structured to meet individual student needs, ensuring that each child is engaged, regardless of skill level. By adapting activities and providing choices, we encourage self-directed learning and foster confidence. Lessons incorporate structured games, challenges and personal reflection to enhance physical literacy. This approach allows us to teach not only physical skills but also essential life skills such as resilience, collaboration and problem-solving. The curriculum is structured so that teachers are clear on what they are teaching.

'Real PE' is a curriculum that includes:

- *Structured and progressive physical development challenges*
- *Skill application opportunities that involve rules*
- *Strategies and tactics that are age and stage appropriate*
- *Integrated review sessions that focus on healthy participation*

Through a carefully planned and sequenced curriculum, children progress through a sequence of challenges that are explored through a thematic approach in EYFS and KS1 and skill focused sessions in KS2. 'Real PE' is designed so that children have the opportunity to master skills by reviewing, reflecting and refining them.

Impact

By focusing on inclusivity, skill development, emotional growth, and teacher support, it creates a positive and lasting environment for physical education. Children benefit not only in terms of their physical fitness but also in their emotional resilience, social development, and overall well-being.

We are very proud to hold the 'Platinum School Games Mark' Award, which demonstrates the commitment and value we attribute to PE at The Good Shepherd.

Our PE and Sports Premium funding report will be published in July 2025.



Swimming

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Through our 'Pool to Schools' programme, all children will have the opportunity to attend swimming lessons. Children from Reception to Year 6 will attend weekly swimming lessons in a block of 5 consecutive weeks, taught by experienced swimming instructors. These lessons aim to support the National Curriculum aims whereby pupils are able to swim competently, confidently and proficiently over a distance of at least 25 metres by the end of Key Stage 2.

Types of Knowledge

Declarative knowledge: 'Knowing what'

The delivery of factual knowledge about movement, rules, tactics, strategies, health and participation. This knowledge is linked to the content being taught. Declarative knowledge is insufficient in itself: it is not enough to know what to do if you are unable to do it. This leads onto the procedural knowledge.

Procedural knowledge: 'Knowing how'

This is knowing how to apply declarative knowledge and is best practised through demonstration or participation.

Pillars to Progression

Pillar 1: Motor Competence

This teaches the ability to make a range of physical actions which include coordinating fine and gross motor skills. These enable pupils to participate in everyday activities as well as to play and participate in physical activity. One of the outcomes of the PE curriculum is that pupils are taught how to make confident and controlled motor movements.

Pillar 2: Rules, Strategies and Tactics

Pupils need to be taught how to move intelligently as well as competently. This involves responding to the needs of the context. Pupils need to be explicitly taught the rules, strategies and tactics involved with different types of activities. Tactics are the decisions made about how, when and where to move. Tactics are closely related to motor competence and are only successful where pupils can perform the necessary movement. Not all physical activities have rules or tactics, but all have strategies for success.

Pillar 3: Healthy Participation

Pupils need to be able to make connections between their knowledge of health and how it applies to physical activity. Pupils' physical motivation can be increased by teaching how the body works, so that they can understand the relationship between activity and its effect on the body. By developing knowledge pupils are enabled to make informed decisions about being physically active.

SEND

PE lessons are inclusive and engaging lessons for all children, regardless of their ability or background. 'Real PE' allows teachers to tailor lessons to suit the diverse needs of children.

Activities are designed to be adaptable, with different levels of difficulty, ensuring that every child can participate and progress at their own pace. The focus is on personal development, rather than just competition, making it inclusive for children with varying abilities and promoting a growth mindset. Real PE is designed to be inclusive,



offering differentiated activities that are accessible for children of all abilities. This ensures that no child is left behind, and all children are engaged in the learning process. *Following Jesus, The Good Shepherd, in all we say and do*

Participation in Competitive Sport

Working in partnership with [Northamptonshire Sport](#), children attend events and competitions within the local community. Such sporting events and competitions encourage the development of leadership skills but also healthy participation at all levels and abilities.

Inter-school competitions are organised through Northamptonshire Sport. Children are given the opportunity to achieve and participate at different criteria levels:

- *Developing: Events are targeted at children and young people who are identified as ‘least active’, ‘inactive’ or who are targeted to engage in school sport for the first time.*
- *Broadening participation: Events will focus on extending their knowledge & understanding of a particular sport by participating in a mixture of skill stations and game play experience, with equal weighting assigned to identify an overall winner.*
- *Performance: Events are intended for those children and young people who are confident to apply their skills, tactics & strategies, physical strength and knowledge and understanding in competitive game play situations.*

Extra-curricular activities

Rhino Sports Academy provide after-school clubs every day from 3.15pm – 4.15pm.



Monday	Tuesday	Wednesday	Thursday	Friday
Basketball 3.15-4.15pm	Multi-Sports 3.15-4.15pm	Gymnastics 3.15-4.15pm	Football 3.15-4.15pm	Performing Arts 3.15-4.15pm
	Arts & Crafts Club 3.15-4.15pm			
Kids Club Half Evening 3.15-4.15pm	Kids Club Half Evening 3.15-4.15pm	Kids Club Half Evening 3.15-4.15pm	Kids Club Half Evening 3.15-4.15pm	Kids Club Half Evening 3.15-4.15pm
Kids Club Full Evening 3.15-5.15pm	Kids Club Full Evening 3.15-5.15pm	Kids Club Full Evening 3.15-5.15pm	Kids Club Full Evening 3.15-5.15pm	Kids Club Full Evening 3.15-5.15pm