



## PE Subject Leader Report 2023



*St Catherine's school has been dedicated to fostering the holistic development of its students by implementing a Physical Education (PE) curriculum that prioritises nurturing the whole child and promoting regular physical activity. At St Catherine's, we use GetSet4PE to help support our staff in delivering a progressive curriculum. The PE curriculum is designed to address the physical, emotional, and social aspects of each student's development. The program focuses not only on physical fitness but also on promoting mental well-being, teamwork, leadership skills, and positive self-image.*

*Recognising the diverse needs and abilities of students, the PE curriculum at St Catherine's adopts an inclusive and individualised approach. Lessons are tailored to accommodate various skill levels, ensuring that every student has an opportunity to participate and progress at their own pace. This approach instils a sense of inclusivity and fosters a positive attitude towards physical activity for all students.*

*Our curriculum offers a wide range of physical activities to engage students and cater to their diverse interests. From traditional sports such as football, basketball, and athletics to non-traditional activities like yoga, dance, and martial arts, the curriculum exposes students to a variety of options, enabling them to discover activities that resonate with their individual preferences.*

*We aim to instil a love for physical activity that extends beyond the school years. The PE curriculum emphasises the importance of lifelong engagement in physical activities by fostering a positive attitude towards exercise, promoting a*

variety of activities that can be pursued outside of school, and educating students about the long-term health benefits of maintaining an active lifestyle.

To further enhance the impact of the PE curriculum, we actively seek opportunities for cross-curricular integration. Physical activities are linked with academic subjects such as science, mathematics, and geography, enabling students to develop a deeper understanding of the practical applications and interdisciplinary nature of physical education.

We recognise the value of collaboration with external agencies to enrich the PE curriculum. The school actively partners with local sports clubs, fitness centres, and expert trainers to provide additional resources, expertise, and opportunities for students to explore a wider range of activities and develop specialised skills.

GetSet4Pe, our chosen scheme, significantly contributes to supporting our staff members by enhancing their subject knowledge and building confidence. The comprehensive resources provided by GetSet4Pe, including lesson plans, progression documents, and video support, offer valuable guidance and insights into delivering high-quality physical education. By utilising these resources, our teachers are equipped with the necessary tools to deepen their understanding of the subject matter, ensuring they can deliver engaging and effective lessons that meet the needs of our students. This support helps to build teacher confidence, enabling them to provide a positive and enriching learning experience in physical education.

## Enrichment



At St Catherine's, we place great importance on providing enrichment activities that actively engage children and promote a healthy, active lifestyle. This year, we have taken significant strides in this direction by increasing the number of after-school clubs that focus on physical activity. These clubs not only offer

opportunities for students to participate in various sports and active pursuits but also foster a sense of enjoyment and enthusiasm for being physically active. By expanding our range of after-school clubs, we aim to cater to diverse interests, encourage regular exercise, and create a supportive environment where children can develop their physical abilities while having fun.

An impressive 91% of pupils engage in afterschool or weekend activities, either organised by the school or through another agency. Notably, 67% of these students participate in sports-related clubs. At our school, over 93% of our pupils feel that they are active for a minimum of 30 minutes each day during school hours and an additional 30 minutes outside of school.

It appears that Key Stage 2 students at St Catherine's school have greater access to sports-related clubs. As a result, for the upcoming academic year, the school will prioritise focusing on Key Stage 1 to ensure that these younger students also have ample opportunities to participate in sports-related activities. By doing so, the school aims to promote an active and well-rounded experience for all its pupils across different age groups.

The most popular clubs within our school are football, dance, and swimming. These clubs have garnered significant interest among the students. It's worth noting that football, dance, and swimming are widely available clubs across the country, reflecting their popularity and accessibility.

To provide a broader range of experiences and allow children to explore different interests, St Catherine's aims to investigate alternative club options for the next academic year. By offering a diverse selection of clubs, the school hopes to encourage pupils to broaden their horizons, discover new passions, and develop a well-rounded set of skills. This proactive approach will enable students to explore activities beyond the traditional sports and delve into areas they may not have previously considered, fostering a spirit of exploration and personal growth.

While it is observed that boys tend to participate in football teams and girls gravitate towards dance clubs, we pride ourselves on being an inclusive institution with a vision of equality. We recognise the importance of challenging

*stereotypes and fostering an environment where children feel empowered to pursue their interests regardless of gender.*

*In line with our commitment to inclusivity, we will continue our efforts to encourage children to attend clubs that defy traditional gender roles. By actively promoting a diverse range of activities and providing equal opportunities for all students, we aim to break down barriers and promote a culture of inclusiveness, where children feel comfortable exploring a wide array of interests and pursuing activities that align with their individual passions, regardless of societal expectations.*

*At St Catherine's, we believe in inspiring our students by exposing them to exceptional role models and professionals in the field of sports. This year, we were fortunate to have invited three accomplished athletes: Paul Sturgess, the tallest basketball player and actor, Nerys Pearce, a Paralympian, and Jamie Knight, a Freestyler footballer.*

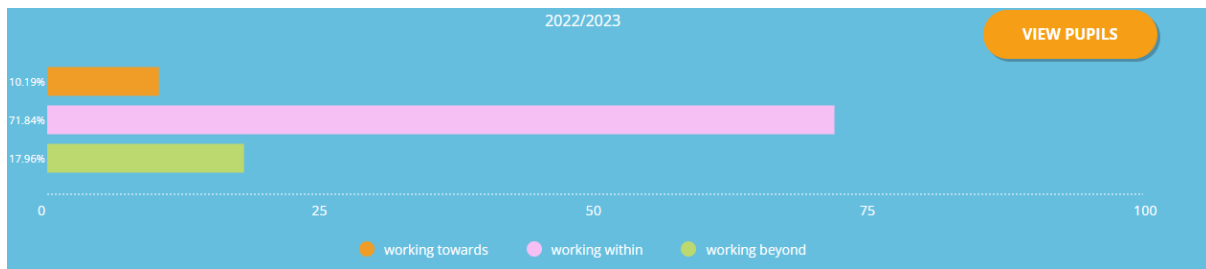
*These visits from professional athletes provided our students with unique opportunities to learn from their experiences, gain insights into their respective sports, and understand the dedication required to excel in athletic endeavors. The presence of these esteemed individuals served as a powerful source of motivation, encouraging our students to pursue their own sporting dreams and challenge their limits.*

*By inviting these athletes, we aimed to broaden our students' horizons, promote inclusivity, and showcase the diverse avenues within the world of sports. Their stories and interactions inspired our students to embrace determination, resilience, and passion, instilling valuable life lessons beyond the realm of sports.*

*We are grateful to Paul Sturgess, Nerys Pearce, and Jamie Knight for graciously sharing their time and expertise with our students. These interactions have undoubtedly left a lasting impact, fuelling the enthusiasm for sports and empowering our students to pursue their athletic aspirations with confidence and drive.*



## Reporting



*At St Catherine's, we continuously monitor and assess our students' progress in various subjects, including Physical Education (PE). It is encouraging to note that 71.84% of our pupils are currently working at the expected standard in PE, demonstrating their commitment to physical fitness and skill development.*

*Furthermore, we are proud to see that a significant portion, 17.96% of our pupils, are exceeding expectations and working above the expected standard in PE. This demonstrates their exceptional dedication, talent, and the effectiveness of our PE curriculum in nurturing their abilities.*

*While 10.19% of our pupils are currently working towards the expected standard in PE, we remain dedicated to providing additional support and guidance to help them reach their full potential. Our goal is to ensure that every student receives the necessary resources and assistance to enhance their skills and progress towards meeting the expected standard.*

*By celebrating the achievements of our students and providing targeted support for those working towards the expected standard, we strive to create an inclusive and supportive environment that encourages all pupils to actively engage in PE and realise their individual goals.*

## Pupil Voice

*Pupil voice is an essential aspect of our educational approach at St Catherine's, and we actively seek feedback from our students to shape and improve our*

programs. It is gratifying to learn that our pupils thoroughly enjoy their experiences in PE and feel that they have had ample opportunities to explore a wide range of sports.

The fact that our students find PE enjoyable reflects the efforts we have made to create engaging and inclusive lessons. By offering a variety of sports and physical activities, we aim to cater to different interests and abilities, ensuring that every student can find something they genuinely enjoy. This approach not only promotes physical fitness but also encourages a lifelong love for physical activity.

We value the feedback of our pupils as it provides valuable insights into their experiences and preferences. By incorporating their input, we can continue to enhance our PE program, ensuring that it remains dynamic, relevant, and tailored to their needs. Their positive feedback on the opportunities they have had to try different sports encourages us to continue expanding the range of activities offered, allowing our students to develop new skills, discover hidden talents, and broaden their horizons.

#### Next Steps

- Continue to invest in staff CPD
- Provide pupil's with a range of taster sessions for other physical activities
- Promote clubs for KS1