

# Catshill Federation Physical Education Rationale

| PE at across the Catshill Federation                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | Why is this subject important?                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | How is PE organised?                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
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| <p>In the Catshill Federation, PE plays a critical role in teaching children how to achieve optimal health and physical fitness, whilst developing their personal and social skills. We provide this by supporting pupils to develop the competence, confidence and motivation to continue to improve and achieve in a range of PE, sport and health-enhancing physical activities in line with their abilities. We aim to empower all pupils to lead healthy, active lifestyles and view sport as valuable to them.</p> <p>We provide a broad and balanced PE curriculum that inspires pupils to actively participate and succeed in a range of competitive and cooperative activities that are regular, purposeful and enjoyable. It is our aim to engage as many pupils as possible in regular extra-curricular sport or physical activity, within or outside of school. PE, experienced in a supportive and safe environment, is a vital contributor to a pupil's physical and mental health and wellbeing development.</p> | <p>Through physical education in the Catshill Federation, pupils will:</p> <ul style="list-style-type: none"> <li>→ Gain the sport-specific skills needed for them to participate in a broad range of physical activities</li> <li>→ Develop the confidence and social-emotional skills necessary for them to succeed in the wider world including sport</li> <li>→ Develop an understanding of the value of PE and be interested and motivated to participate in sport</li> <li>→ Be suitably prepared for physical education at middle school, high school and GCSE, and view sport as a potential career choice</li> <li>→ Be prepared to live a continued healthy active lifestyle and be confident to make healthy lifestyle choices</li> </ul> | <p>The Catshill Federation provides all pupils with 2 hours of high quality physical education per week.</p> <ul style="list-style-type: none"> <li>→ PE lessons at CFSN are taught to one form class at a time</li> <li>→ PE lessons at CMS are taught to two form classes at a time. Depending on the type of activity, these lessons are either taught to mixed form classes or split into boys and girls</li> </ul> <p>The PE provision within the Catshill Federation is supplemented in different ways.</p> <ul style="list-style-type: none"> <li>→ At CFSN, a qualified sports coach provides one of the two PE sessions each week, and one is taught by the class teacher. Year 4 children also go swimming</li> <li>→ At CMS, PE is supplemented by a six-hour one day course to cover OAA, as well as top-up swimming in KS2. In KS3, pupils can take part in the intra school competition and reward trips</li> </ul> <p>In addition to PE lessons, both schools offer a wide range of lunch-time and after school extra-curricular activities which are accessible for all pupils. Intra and inter school competitions also run throughout the year.</p> |
| How are other subjects linked?                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | How is the curriculum adapted?                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | How is progress measured?                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| <p>Within PE lessons, explicit links to the science curriculum are made. This includes within biology - understanding of muscles, bones, and how the body functions during physical activity. Topics such as nutrition, respiration, and circulatory systems are crucial in PE.</p> <p>PHSE includes knowledge and understanding of good health and fitness levels, reinforcing concepts such as the importance of exercise, preventing injury, and understanding body functions</p> <p>Cross-curricular links are exploited in PE lessons whenever possible.</p> <p>Examples include:</p> <p>Maths - use of measurement and data, geometry and angles.</p> <p>Geography - understanding of physical environment and map knowledge</p> <p>English - oral communication skills are enhanced, pupils read instructions</p>                                                                                                                                                                                                        | <p>Within the Catshill Federation, we use:</p> <ul style="list-style-type: none"> <li>→ STEP (space, task, equipment and people) adaptation principles throughout planning and lessons to ensure inclusion and differentiation for all pupils, allowing them to access PE at all levels.</li> <li>→ Intervention: personalised intervention for pupils, e.g. gross and fine motor skills, as well as fundamental movement skills</li> <li>→ Gender inclusivity</li> <li>→ Learning Styles</li> <li>→ EHCP adaptation</li> <li>→ TAs are used effectively</li> </ul>                                                                                                                                                                                  | <p>Progress is measured across the Catshill federation within PE using:</p> <ul style="list-style-type: none"> <li>→ Assessment criteria for that sport - Educater end of Year 4 data transferred from the first to middle school.</li> <li>→ Baseline assessments at entry into CMS to ensure fundamental movement skills are acquired across all students</li> </ul> <p>The assessment guidelines for PE follow the whole school summative assessment policy, grading pupils in line with the assessment criteria for each year group.</p> <ul style="list-style-type: none"> <li>→ The assessment document, which was updated in September 2024, aligns with the feeder school assessment areas and allows us to ensure pupils are adequately prepared for the transition</li> <li>→ Assessment is moderated through comparison of classes, teaching groups, year groups and other BMSLP or Spire Trust schools</li> </ul>                                                                                                                                                                                                                                         |

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