



## PE Curriculum Statement

### Why is Physical Education Important?

*“A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.”* **From DFE New National Curriculum for Physical Education**

### What is Physical Education like at St. George's Central CE Primary School and Nursery?

At St George's Central, Physical Education is a highly valued area of the curriculum. We understand that, through Physical Education, our children are able to benefit physically, mentally and emotionally, fostering positive attitudes and laying the foundations for a healthy lifestyle. We aim to ensure that all children develop competence to excel in a broad range of physical activities, are physically active for sustained periods of time, engage in competitive sports and activities and lead healthy, active lives.

All pupils participate in games, outdoor and adventurous activities, gymnastics, dance, and athletics, using indoor and outdoor environments where appropriate. Wherever possible, specialist coaches are employed to enable the children to receive expert tuition in a wide range of sporting activities. Furthermore, Key Stage 2 children attend swimming lessons and are also offered opportunities to attend residential outdoor and adventurous courses. We ensure that we provide a school environment which is physically active, incorporating Physical Education within other areas of the curriculum as well as providing sporting opportunities during the children's break and lunch times.

We encourage pupils to compare their performances with previous ones and demonstrate improvement to achieve their personal best. Pupils are taught to observe the conventions of fair play, honest competition and good sporting behaviour as individual participants, team members and spectators.

### Opportunities to celebrate Physical Education at St. George's Central CE Primary School and Nursery

There are a range of ways in which we encourage children to celebrate Physical Education across the school. Through ATSA and other partnerships, we offer opportunities to take part in over 80 different inter-school events throughout the year. Intra-school events also take place, encouraging competition between different classes and team houses. This culminates in our school sports day, where children compete for individual awards across a range of track and field events. We also offer a broad range of after school sports clubs.

***'Never settle for less than your best'***

***Jesus said, 'I am the light of the world. Whoever follows Me will not walk in darkness, but will have the light of life.' John 8:12***