



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 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 towards sport and towards their learning 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 attacking and invasion games, outdoor and adventurous activities, gymnastics, dance, and athletics, using indoor and outdoor environments where appropriate. Specialist coaches are employed to enable the children to receive expert tuition in a wide range of sporting activities, through after school clubs and various sporting competitions. Children are taught both physical skills and the knowledge and understanding of games, using prior learning to develop increasingly complex movements, tactics and strategies. Furthermore, Key Stage 2 children attend swimming lessons and are also offered opportunities to attend outdoor and adventurous residential activities. 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 provisions during the children's break and lunch times and after school.

We encourage children to compare their performances with previous ones and demonstrate improvement to achieve their personal best. Children are encouraged to evaluate the performance of their peers and provide constructive feedback to support reflection and improvement. Children are taught to observe the conventions of fair play, honest competition and good sporting behaviour as individual participants, team members and spectators.

Ways to explore Spirituality in Physical Education

At St. George's Central CE Primary School and Nursery we believe that our curriculum should provide opportunities for children to develop a love of learning, so that they go on to make a positive difference to themselves, their community and the wider world. We have developed a definition of what we believe Spirituality is:

'Spirituality is...an understanding of how beliefs, values and experiences shape the identity of individuals, their spiritual disciplines and connections with life.'

'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

Our Physical Education curriculum provides opportunities for spiritual development by:

- Developing self-awareness by recognising their own strengths, challenges and personal achievements through physical activity.
- Providing opportunities for reflection and stillness, allowing children to consider how movement affects their body, emotions and wellbeing.
- Promoting a sense of connection with others through teamwork, cooperation, trust, shared goals and recognising the value of honesty and integrity.
- Experiencing challenges and showing perseverance, developing resilience, courage and self-belief when learning new skills or overcoming difficulties.
- Exploring values such as respect, fairness and empathy. These are embedded through fair play, sportsmanship and positive interactions with peers.

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.

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