

Physical Education

“Intelligence and skill can only function at the peak of their capacity when the body is healthy and strong.”- JF Kennedy

Intent

At St Peter and St Paul we aim to provide all pupils with a high-quality Physical Education curriculum which inspires and motivates. We encourage pupils to succeed in all aspects of Physical Education and competitive sport with enthusiasm, whilst remaining respectful and supportive of peers and fellow competitors. We want pupils to become physically confident in a way that supports their health and fitness for life. We believe that Physical Education builds resilience, perseverance and compassion in individuals which our pupils can apply to their future both during and beyond their time with us. Children are provided with a range of opportunities to support their physical and mental health and wellbeing. We intend to develop children's skills, knowledge and understanding so they can perform with increasing confidence and competence in a variety of physical activities. Our ambition is to improve health and well-being, promote active participation and lifelong learning, and for each child to fulfil their potential. We aim to ensure that the children's experience of Physical Education is positive and motivating; developing positive attitudes to a healthy lifestyle. We believe that Physical Education, experienced in a safe and supportive environment, is essential to ensure children attain optimal physical and emotional development. We intend to deliver exciting, high-quality teaching and learning opportunities and want to teach children how to cooperate and collaborate with others, to understand fairness and equality. At St Peter and St Paul we believe it is vital this is embedded in life-long values for all our pupils.