

Physical Education Curriculum Statement



At St Peter's, we believe that physical education is an essential part of a child's educational development.

We follow the [National Curriculum](#) guidance in Key Stages 1 and 2 and the [Early Years Foundation Stage framework](#) throughout the Pre-nursery, Nursery and Reception. Children in the EYFS have consistent opportunities within the indoor and outdoor provision to be active and interactive; and to develop their co-ordination, control, and movement. Children are also supported to understand the importance of physical activity and making healthy food choices.

We aim to deliver, a high-quality physical education curriculum that inspires all pupils to participate, succeed and excel in competitive sport and other physically demanding activities. We encourage children to be physically confident in a way which supports the development of their health and fitness. Through the implementation of opportunities to compete in sport, we encourage the development of values such as fairness and respect, whilst also building character. This year we are introducing 'Commando Joe' into the PE curriculum as part of our outdoor adventurous activities. The core element of this programme is building resilience through physical challenges.

As well as teaching physical education, we also encourage children to be physically active for sustained periods of time through the provision of extra-curricular activities. The extensive range of extra-curricular sports clubs we offer include: multi-skills, football, cycling, rugby, dance, yoga and gymnastics, which enable the children to further their physical development and provides opportunities for them to represent the school in competitions. We are continually developing our ways to encourage less active children, particularly by involving them in extra-curricular activity choices and additionally altering sporting events at sports day so children feel more comfortable and willing to participate.

At break times and lunchtimes children are encouraged to make healthy food choices. We also now offer a tuck shop with a variety of fruit available as well as bottled water. Children in Key Stage 1 are given fruit at playtimes and in Early Years children have access to fruit at snack times.

We ensure that all pupils at our school are recognised for their sporting efforts in assemblies, on social media and via the school website.