



St George's Catholic
Primary Voluntary
Academy



Physical Education Curriculum Intent Statement

At St George's, we strive to inspire an active generation through fun and engaging Physical Education lessons and experiences. Through our broad, balanced and inclusive P.E. curriculum, we promote and embed the tools and understanding each child needs to make a positive impact on their own physical and mental wellbeing using the STEP approach. It is our belief that Physical Education plays a vital role in the development of the whole child for their health and mental wellbeing. Through both lessons and competitive opportunities, pupils learn the value of team-work, resilience and mutual respect. We aspire for pupils to develop a positive mind-set and a desire to achieve their personal goals as well as those of their team.

We expose pupils to a range of sporting opportunities throughout their Physical Education journey at St George's. Within lessons, pupils are taught how to use their bodies, equipment and apparatus safely yet imaginatively. St George's pupils are also encouraged to participate in intra and inter school competitions and we regularly participate in Borough Football and Athletics competitive events. As a Fit 4 Life school, children participate in exercise throughout the day, including during clubs, lunch provision (led by our fantastic Year 6 Sports Leaders) and in special events, such as Sports Week.

Our curriculum is designed with the belief that all children can exceed and excel at its core; during their time at St George's, pupils will master basic fundamental movement skills including; running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities. We introduce our pupils to a variety of sports, in line with the National Curriculum, which includes Gymnastics, Dance, Athletics and Striking & Fielding Games. We also offer swimming for our Year 5 pupils.