



## PE

At St Philips we want each child to aspire to be the best that they can be. We believe that a huge part of this can be achieved through physical activity during PE lessons and break times, where exercise can contribute towards an active and healthy lifestyle.

Our intent is to provide a safe and supportive environment for children to flourish in a range of different physical activities which is essential in supporting their physical, emotional, spiritual, social and moral development. It is our intention to build a curriculum that enables children to develop knowledge, skills and vocabulary in a broad range of sporting activities, as well as developing values and transferable life skills. We want our PE curriculum to provide opportunities for children 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. We also strive to encourage the children to think about the science behind physical education and the effects that exercise has on our body.

Our curriculum meets all aspects of the National Curriculum and is inclusive, challenging and enjoyable. It aims 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
- lead healthy, active lives