

# Physical Education Introduction



## **Nurturing ambition through a living faith in Physical Education at Darwen St James' is –**

### **Nurture –**

Through our Physical Education (PE) curriculum, children are exposed to and experience a wide range of activities and games, both as an individual and as a team. These experiences nurture their emotional development and enable them to develop their self-confidence. It also gives them chance to experience winning and losing, which in turn opens the opportunity to develop their resilience and motivation, through the use of growth mindset.

### **Ambition –**

Children are encouraged to participate in a variety of sports and activities, providing them with an opportunity to find what they are good at. Stimulating and challenging activities allow children to push themselves to be the best they can be, regardless of skill level. Extra-curricular opportunities enable children to have the chance to represent the school, encouraging a sense of pride and achievement. Again, regardless of their team position in sport or the accomplishments they may or may not receive, the children are able to demonstrate talents which they may not otherwise be able to.

### **Faith-**

Children are encouraged to demonstrate the key Christian values of love, respect, trust, friendship and perseverance through all areas of the PE curriculum. The large emphasis on sportsmanship, which is key throughout all sessions both in curriculum and extracurricular, is an example of how children are encouraged to show the values, often through end of game acts like handshakes and three cheers. The Christian value of perseverance is evident through the variety of sports and games, some of which the children may not have the opportunity to try before, giving them the chance to expand their skills.