



PE overview

At St Kentigern's, we believe physical education should be a positive learning experience for all children, developing them holistically. Children will be inspired and equipped with the foundations to pursue a healthy and active lifestyle when they leave our school.

We have designed a School specific Physical education curriculum which ensures that children are developed into well-rounded individuals who display our school values through their PE lessons and in their everyday life. Children take part in PE lessons that are fun, inclusive and engaging which gives every child a chance to shine and ensuring that all children feel able to express themselves across a range of activities.

Vision

Our vision for PE is that pupils will develop the movement foundations to allow for lifelong participation in physical activity. They will be equipped with personal skills such as: respect, courage, resilience and kindness to take forward into their further life and be successful in whatever they do.

How

A PE curriculum that develops and reflects St Kentigern's values and mission statement.

Delivering a PE curriculum that develops children holistically.

Provide engaging and fun Physical Education lessons.

Encourage children to express themselves and develop the talents that God gave us.

Providing children with a broad range of activities.

Deliver a tailor-made curriculum that develops children into well-rounded individual who displays the core values of sport (honesty, resilience, teamwork, self-belief) in their everyday life.

Aims

In the delivery of our bespoke PE curriculum we aim to ensure that all St Kentigern's children will:

- Develop their 'Head, Hands and Heart'
 - Head – Develop cognitive skills such as problem solving and teamwork.
 - Hands – Develop physical skills such as agility, balance, co-ordination, throwing and catching.



- Heart – Develop emotionally in areas such as resilience, respect and perseverance.
- Have an enjoyment of sport and physical activity.
- Deliver lessons that have children physically active for the most time possible.
- Develop movement foundations to enable lifelong participation in physical activity and sport.
- Self-develop in areas such as: honesty, friendship, teamwork, resilience, courage, self-belief.
- Be provided with an inclusive environment in which children are not afraid to express themselves and their talents.
- Children are inspired to engage with local sports clubs to further develop their love of physical activity.

‘When children leave St Kentigern’s they will be equipped with the fundamental movement skills to pursuit lifelong participation in physical activity. They will have developed and will display our school values in their everyday lives.

Values shown in PE

Resilience

Teamwork

Responsibility

Respect

Honesty

Kindness

Courage

Communication

How does our vision for PE link to our school values?

“We are committed to the development of the whole child within a community where every individual is valued and respected. Co-operation and friendship will encourage a happy and caring, learning environment.” – Our value led curriculum allows for the development of the whole child, not just in their physical capabilities. With our school values at the core children will develop and reflect these values in their everyday lives.

“St. Kentigern’s School is part of our parish community of faith, which helps our children to develop their spiritual, mental and physical abilities to their highest possible potential” – PE allows for development of the whole child. Through teaching



not only the physical skills involved with PE but also developing lifelong skills such as communication, teamwork and respect.

“To help children develop lively, enquiring and creative minds, the ability to question and argue rationally and to apply themselves to tasks and the development of physical

skills.” - PE provides a platform where creativity is encouraged so that all learners are suitably challenged and achieve success based on their own ability.