



Physical Education at St George's

INTENT

IMPLEMENTATION

CULTURAL CAPITAL

Develop confidence, coordination, agility and fitness.

- Sequential PE Hub scheme of learning.
- Progressive development of fundamental movement skills.
- Active participation in every lesson.
- Inclusive activities for all abilities.
- **External specialist sports coaching.**
- Clear modelling and demonstration.
- Promote healthy, active lifestyles.

Foster teamwork, resilience and perseverance.

- Teach teamwork through collaborative activities.
- Promote respect and positive sportsmanship.
- **Celebrate effort, resilience and perseverance through the 'Coach's cup'**
- Progressive learning builds confidence.
- Reflect on personal improvement.
- **Inter-house competitions promote teamwork, belonging and healthy competition.**

Promote healthy lifestyles and wellbeing.

- Promote healthy, active lifestyles across the curriculum.
- Teach the importance of exercise, nutrition and wellbeing.
- Encourage positive physical and mental wellbeing.
- **Sports clubs extend participation and enjoyment.**
- **Community Challenge activities promote healthy lifestyles.**
- Celebrate out of school active choices and personal wellbeing through our golden box.

Build courage and a lifelong enjoyment of physical activity.

- An engaging curriculum provides opportunities to experience a range of activities and discover enjoyment in physical activity.
- **Reception and KS1 attend local sports festivals, developing confidence, teamwork and positive sportsmanship.**
- **Inter-house competitions promote resilience, perseverance and a sense of belonging.**



Ensure every child experiences success in sport and play.

- KS1 children receive two hours of PE each week, building skills, confidence and enjoyment.
- EYFS outdoor areas provide varied opportunities for active play and physical development.
- Movement breaks support active learning and wellbeing throughout the day.
- **Daily Mile encourages KS1 children to participate and celebrate personal progress.**