

Physical Education

At St. Francis Catholic Primary School, we aim to encourage all children to develop positive attitudes towards PE and Sport. We realise the importance of achieving this in order to improve the health and well-being of our students, as well as in developing a desire for lifelong participation. To achieve this, we strive to cater for all abilities and offer a wide range of competitive activities so that every child can fulfil their potential. Our provision of PE Intends to:

- Engage the children in two hours of weekly physical activity
- Increase participation in competitive sport (both individually and in small groups) through intra-house, inter-school competitions, lunchtime play and to encourage children to participate in after-school club activities
- Provide opportunities for children to participate in a broad range of physical experiences, providing variety and an introduction to as many sports and activities as possible
- Develop the children's fundamental movement skills, enabling lifelong participation in physical activity
- Employ a holistic style approach in PE, enabling the children to identify, develop and apply their cognitive, personal, social, creative and physical skills through physical activity
- Enable children to identify and measure success in themselves and others in order to set personal goals and provide constructive feedback
- Develop the tactical principles of attacking, defending whilst identifying strengths and weaknesses and ways in which to exploit this.
- Nurture a wish to lead through our 'Lunch Time Leaders' programme and intra-house sports competitions.
- Embrace the positive effects of physical activity and to promote a healthy lifestyle enabling the children to make an informed decision about the part exercise will play in their lives
- Provide a safe space for children to experience physical and mental challenges, encourage discussion, and a platform to share feelings. This safe space will explore solutions and consider ways to manage these feelings.

