



Our Vision for Physical Education at St. Matthew's Primary School

As a whole school, we aim to promote pupils to participate in as much sport as possible including trying out alternative activities. We believe exercise holds many benefits for children such as ensuring they are leading healthy and active lives, helping concentration levels in class as well as developing competence in a range of sports. Physical activity is promoted to all our students, from recreational to competitive and we hope from this that our students are encouraged to remain active throughout their lives.

We understand that PE can;

- Raise their achievement
- Excel in different areas
- Build self-esteem
- Learn to co-operate as a team and display leadership skills
- Experience healthy competition - learn to cope with life's successes and defeats
- To be more responsible for themselves and others
- Develop a healthy lifestyle

Ours Aims and objectives

In line with the Department for Education (DfE), a high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for pupils 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.

The national curriculum for physical education aims to ensure that all pupils:

- 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.

PE and Sports provision at St Matthew's Catholic Primary School

During PE lessons, working alongside outside agencies, extra-curricular clubs, school challenges and through competing with other schools the children learn many different skills and participate in a wide range of sports.

Early Years	Key Stage 1	Lower Key Stage 2	Upper Key Stage 2
Introduction to PE Fundamentals Ball skills Games Gymnastics Dance	Fundamentals Yoga Fitness Athletics Team building Net and wall Sending and receiving / Invasion Target games Striking and fielding Gymnastics Dance	Fitness Basketball Yoga Athletics OAA Gymnastics Rounders Dance Hockey Golf Swimming Netball	Dodgeball Fitness Basketball Yoga Athletics OAA Volleyball Gymnastics Rounders Swimming Golf Dance

Extra-Curricular Activities

We have a range of extra-curricular activities for pupils to participate in afterschool clubs

After School clubs
Multisport Club Football Gardening Yoga Bollywood Dancing

School Challenges

To encourage children to stay active whilst out of school, we create fitness and sport challenges that children can complete with family at home. These challenges give the children the opportunity to continue their physical development outside of school and encourages them to think about healthy lifestyles choices.

Alongside this we plan to participate in tournaments and competitions throughout the year that are arranged by our school networking group, Liverpool Football Club and our feeder schools, when it is safe to do so. During Covid at this time, children have been competing in Intra-year group competitions supported by LSSP and the PE Lead. All our pupils have various opportunities to take part in outdoor activities when attending our outdoor learning space.