

**Physical Education**  
**Rationale and link to school values and ethos**

At St. Peters, we believe that Physical Education motivates and inspires individuals to develop and achieve our core value; 'Profound Personal Development'. PE encourages children to participate and contribute to the school, life and local community by gaining a variety of skills to surpass their initial barriers and aspire to be responsible citizens of tomorrow.

Our PE curriculum works in conjunction with the key principles of our curriculum. We aim for children to 'strive for life in all its fullness' and we trust that each individual at St. Peters is given every opportunity in school so that they can take care of themselves in every way possible. We believe that physical education, experienced in a safe and supportive environment, is both vital and unique in its contribution to a pupil's physical and emotion development, including physical and mental health.

St. Peters ensures that the aims of the national curriculum for physical education are focused within the curriculum framework. The national curriculum requires that pupils are to build character and help embed values such as fairness and respect. St. Peters' values of integrity; pride and aspiration are based upon building character and ambition to achieve profound personal development and therefore the successful building of character and confidence.

Through providing positive experiences, a lifelong interest in physical activity is encouraged, as well as promoting positive attitudes towards a healthy lifestyle. This is heavily linked to our healthy eating scheme 'Eat Better, Do Better'. We encourage our take care value in all aspects of a child's development to support them with their health and fitness.