



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 our PE lessons and through work with other schools the children learn many different skills and participate in a wide range of sports.

Alongside this we participate in the tournaments that are arranged by the Liverpool Schools Sports Partnership (LSSP) against other schools.

Key Stage One	Lower Key Stage 2	Upper Key Stage 2
Gymnastics	Gymnastics	Lacrosse
Dance	Dance	Kinball
Multi Skills	Football	Athletics
Fitness	Tag Rugby	Rounders
Athletics	Basketball	Basketball
Striking and Fielding Games	Cricket	Football
Fundamental Skills	Gymnastics	Hockey
	Outdoor and Adventurous	Swimming – Years 3, 4 and 5.
	Tennis	Gymnastics

Extra-Curricular Activities

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

After School clubs
Hockey
Basketball
Tag Rugby
Dance
Football