



## **St. Paul and St. Timothy's Catholic Infant School**

### **Our Vision for P.E.**

At St. Paul & St. Timothy's Catholic Infant School, we believe that Physical Education and sport have a vital role in the physical, social, emotional and intellectual development of children. Physical Education and sport are important in giving children the knowledge, understanding and the tools to make a positive impact on their own health and well-being. We believe that a high quality P.E. curriculum will develop physical literacy and will allow pupils to learn about themselves, the importance of a healthy lifestyle, self-expression and concepts such as fair play and respect. It also contributes to the development of a range of important cognitive skills such as decision making and analysis, and social skills such as teamwork and communication. Through Physical education pupils are encouraged to be active and it supports them in their understanding of how to participate safely and effectively.

The physical education curriculum at St Paul & St Timothy's Catholic Infant School aims to provide for pupils' increasing self-confidence through an ability to manage themselves in a variety of situations. Children will have the opportunity to take part in a wide range of sports and physical activities carried out in a safe and supportive environment, where effort and hard-work, as well as success, is celebrated.

