



# Physical Education (PE) at St Luke's



## OUR VISION

Our vision for Physical Education is to cultivate an inclusive environment where every child develops their Physical Literacy by developing a love for physical activity, learning essential movement skills, and understands the importance of health and well-being.



## Why do we teach PE?

Early exposure to high-quality PE lessons lays the foundation for a lifelong appreciation of health and well-being and offers a unique opportunity to benefit both mind and body. At St. Luke's, our program fosters the development of motor and social skills while instilling essential values such as discipline, goal-setting, the importance of practice, and fair play. This holistic approach nurtures not only the physical health but also supports emotional, social, and cognitive growth, preparing children for a healthy and active future.

## What does PE look like at St Luke's?

PE is delivered in accordance with National Curriculum standards and aligns with the Kingston Borough Competitions calendar, which provides students with additional opportunities for participation. Our PE curriculum offers a diverse range of inclusive activities and sports, emphasising the development of individual Physical Literacy. Each child benefits from two hours of PE and School Sport each week, with one hour led by a PE specialist. Children are also given opportunities to swim in both Year 2 and Year 3.



Having the opportunity to use the skills we learn in lessons at competitions and festivals is great - you don't have to be best - everyone gets a chance!  
A Year 6 child



I love all the different sports we do at St Luke's in PE!  
A Year 2 child

## PE Key Concepts

	Movement
	Performance
	Creativity
	Physical Literacy
	Evaluation and Analysis



## What learning opportunities are there?

St Luke's takes pride in the opportunities given to all children, regardless of ability, to represent the school at a range of different levels of competition.

We participate in a range of Kingston borough-wide competitions and we also participate in Wider Opportunity Festivals with local schools and a range of friendlies across the school year. Year 3 children participate in the Kingston and Richmond Primary Schools' Country Dance Festival and Year 5 and 6 children complete a weekly cross country course across the Spring Term at Richmond Park.

Nursery, Reception and Year 1 children participate in Sports Day on site with Year 2 - Year 6 children completing their Sports Day at Kingsmeadow Athletics Track.

Each term two children are selected to receive the Gold Sports Award Badge and four children receive the Silver Badges which reflect both the attitude and attainment in PE and School Sports across the term.

