

Vision For Physical Education

Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So glorify God in your body. Corinthians 6:19-20



PE, physical activity and school sport holds a high profile at St. Mary's Catholic Primary School. We strongly believe that they contribute to the holistic and all-round development of our children. Our high quality PE curriculum inspires all children to succeed and excel in both competitive sport and other activities involving physical activity, including Bikeability and inter-school competitions. It is through these activities that pupils become physically confident, mentally **resilient** and learn that physical activity is 'fun' and a crucial **awareness** of its importance in terms of leading a healthy lifestyle.

Our children compete in many competitions and other activities which build character and embed key values such as teamwork, fairness, **compassion** and respect for themselves and others. We recognise that PE, physical activity and school sport make an extensive contribution towards aspects of pupils' social, moral, spiritual and cultural development.

At St. Mary's we **aspire** to lead by example by demonstrating that Physical activity is a lifelong process and provide opportunities for our children to experience, enjoy and excel in high quality PE and school sport incorporating a diverse range of motivational activities which offer life-long learning through challenge and competition.



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.

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