



A Vision for Physical Education

"You dream. You plan. You reach. There will be obstacles. There will be doubters. There will be mistakes. But with hard work, with belief, with confidence and trust in yourself and those around you, there are no limits."

- Michael Phelps (American swimmer and most decorated Olympian of all time).

At St. Mary's, we believe that successful physical education should inspire 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 **WELLBEING**, health and fitness and offer them the chance to compete in sport and other activities. By doing this, we ensure that the children build **RESILIENCE** and character and that values such as fairness and respect are embedded. Our aim is that the children are encouraged to live healthy, lives and that they develop a life-long enjoyment of physical activity and sport.



Through active and engaging lessons, the children at St. Mary's develop competence to excel in a broad range of physical activities such as tennis, fencing and archery. During their sessions, the children are encouraged to make connections to different sports and skills they have already have been taught and **REFLECT** on their emerging learning needs, explaining how they need to improve through good **ORACY** skills. Our use of Young Sports Leaders and Sport's Crew, gives the children



opportunities to be **INDEPENDENT** and show **INITIATIVE** in the lunchtime clubs and activities they run and organise. During the school day, the children are encouraged to be physically active for sustained periods of time, through active break times, access to playground exercise equipment, lunchtime clubs and after school clubs. Also, through our participation in Chenderit Cluster Competition format and the inter-

house competitions we run in school, we encourage children to engage in a wide range of competitive sports and activities. In dance, highly qualified sports coaches are used to deliver units of work which explore dances from different **CULTURES** and the children are encouraged to be **ARTISTIC** and create their own dance sequences.

