

PE Intent St Mary's

At St Mary's we believe that Physical Education, experienced in a safe and supportive environment, makes a unique and vital contribution to the development of a pupil's physical and emotional health and well-being. It educates pupils in the understanding of the body and how to use it with efficiency and control, and the importance of a healthy lifestyle.

OUR AIMS:

1. To develop physical and cognitive skills when planning, performing and evaluating movement in a range of contexts.
2. To promote physical activity and a healthy lifestyle.
3. To develop positive attitudes towards being active.
4. To develop creativity and ensure safe practice.
5. To enable children to set targets for themselves and compete against others, individually and as team members.
6. To develop understanding of what it takes to persevere, to experience success and to acknowledge others' success.
7. To engage in a minimum of 4 hours of physical education each week.
8. To develop the ability to take the initiative, lead activity and focus on improving aspects of their own performances.
9. To discover their own aptitudes and preferences for different activities.
- 10 To enable children to make informed decisions about the importance of exercise in their lives.