

At St Mary's Catholic Primary School we recognise the importance of Physical Education (PE) in all aspects of daily life. PE is a vital part of school life and ultimately children's future well-being. It is therefore our intent to provide an inclusive, broad and balanced PE curriculum that ensures ALL children will benefit, whether through enhancing existing skills, learning new skills or being introduced to new sports and organisations.

We explicitly teach the National Curriculum to ensure that all children are provided with high quality PE and sport provision. In following the National Curriculum, we ensure that all children:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives

In order to ensure both development and application of skills in sports, we follow the Arena scheme of work from Year 1 to Year 6.

It is our intent to ensure children understand the importance of leading a healthy lifestyle and to equip them with the tools to do so through health and well-being education. Children must understand how to take care of themselves both physically and mentally in order to be successful as adults.