

Vision statement

At St Patrick's we strive to provide a rich and exciting PE curriculum, which encourages and engages all children. We want our pupils to recognise the importance of living a healthy lifestyle by exercising regularly and having a deep understanding of what a balanced and healthy diet consists of. We want children of all backgrounds and abilities to develop the fundamental skills and competence to excel in a wide range of physical activities by providing a broad and balanced curriculum with opportunities for all to be enjoyed.

Moderate intensity physical activity provides a range of physical, intellectual and emotional benefits for everyone. It is important that children are given opportunities to participate in a range of enjoyable physical activities at an early age so they will be more likely to continue being physically active throughout the rest of their lives.

Our P.E begins in Early Years where children are given opportunities to be active. This opportunity is given constantly throughout the day where children have the opportunity to take part in outdoor learning as well as indoor. Children develop their co-ordination, control and movement through a range of activities.



As children move in to KS1 they begin to grow in confidence and develop their knowledge of games, gymnastics and dance skills. Through creative lessons children extend their agility and balance whilst working independently and in a team. Whilst participating in team events children have to develop their sharing skills whilst developing defending and attacking skills.



In KS2 children will continue to develop their skills whilst broadening their abilities through a range of actions and movement. Children will develop a deeper understanding of how their bodies move and will self-evaluate and recognise their own success.

