



KS1 City Gymnastics Competition

The Value of PE

Physical education is crucial to the lives of our children. Not only does exercise improve overall health and fitness, it also helps to improve cognitive development. By educating our children from a young age of the benefits of physical activity on their health, the more likely they are to develop a habit of exercise which will continue into adulthood. This in turn will have major impact on the general health of our nation. Teamwork and resilience play a fundamental role in PE which are invaluable attributes outside in the wider world.

PE is the foundation for active lifestyles, sport and recreation and provides a key stepping stone into community sport and lifelong activity.

(Dr Jo Harris – Loughborough University)



Welcome to St Mary's Catholic Academy

PE at St Mary's Catholic Academy

We are very proud of our broad and varied PE curriculum at St Mary's.

We aim to:

- **Ensure that every child understands the impact of physical activity on their physical health and mental well being**
- **Develop the physical literacy of every child**
- **Inspire children to take advantage of sport in the wider community by promoting a range of sports and signposting local clubs**
- **Encourage a life-long love of sport and physical activity**
- **Develop good leaders and team players**
- **Build confidence, motivation and resilience**
- **Celebrate all children's achievements**



Move and Learn with Notts County Football in the Community

The leaders are really kind and play fun games with us.
Annabel F2



KS1 Cricket sessions with A
Chance to Shine

There are always lots of clubs to choose from and they are always fun.

Naomi KS2

PE lessons are great fun! We get to play in different teams along with people we don't usually hang out with.

Agnieska KS2



City Basketball Championships

What does PE look like at St Marys?

- **Children take part in 2 PE sessions per week.**
- **We follow the GetSet4PE scheme from Early Years through to Y6 which provides high quality, structured lessons with a clear progression of skills.**
- **Emphasis is placed on the fundamental elements of agility, balance and coordination in Early Years and KS1.**
- **In KS2, the curriculum broadens and children begin to play a variety of team games, selecting and applying the necessary skills and rules.**
- **Our curriculum is enriched with the provision of outside agencies such as Notts County Football in the Community and other initiatives offered through School Sport Nottingham.**
- **Children in Y3 have high quality swimming lessons throughout the year provided by instructors at Djanogly Leisure Centre.**
- **A six week block of ice skating lessons takes place in the summer term for children in Year 4**
- **Dance is taught by a dance specialist who delivers a range of dance styles including, street, urban, contemporary and zumba**
- **A variety of after school opportunities are offered for children in all year groups**
- **All children in KS2 have the opportunity to take part in competitive games within school**
- **A significant number of children compete in inter schools' competitions arranged through School Sport Nottingham**