



Girls Football

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)



PE at St Mary's Catholic Academy

We are 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



Y3-Y4 Sports Hall Athletics

P.E. is the best subject because it makes you physically and mentally stronger and helps well-being.

Alivia (KS2)



Sports Day

I love the clubs in school because they bring joy and happiness to us. It shows the talent in me. They encourage us to do our best, never give up and most importantly, have fun!

Anaya (KS2)

To me, PE is the best subject because it makes me fit and the more fit you get, the more you feel good inside.

Peace (KS2)



Notts County Cricket



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 knowledge and 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 Trent Bridge Community Trust and other initiatives offered through School Sport Nottingham
- Children in Y3 and Y4 have high-quality swimming lessons for 1 term provided by instructors at Harvey Hadden Leisure Centre.
- A variety of after school opportunities are offered for children in all year groups
- All year groups are taught by at least one sports specialists throughout the year.
- 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
- Physical activity is encouraged at playtimes through the use of our trained Sports Ambassadors and OPAL Primary Programme
- An annual school Sports Day is held in the summer term.
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Resources and schemes that help us:

- GetSet4PE scheme of work
- Youth Sport Trust Membership