

At Holy Family Catholic Primary School our vision for Physical Education and Sport is that every child should have the opportunity to take part in physical activity on a regular basis and become more physically confident and competent. We hope that, through all the sporting opportunities and physical activity we offer, the children will develop a love and passion for sport and continue this into their later lives.

We aim to provide the children with at least 2 hours of fun, exciting and active PE lessons every week and to keep the children healthy and active every day with at least 30 minutes of physical activity a day and by educating them on a healthy, balanced diet and lifestyle.

At Holy Family, we also strive to give as many children as possible the opportunity to compete in a variety of competitions, during school time or by representing the school at local events. We hope that in doing so the children will develop greater confidence, team work and learn to win or lose with grace and sportsmanship.

We aim to create sporting leaders during the children's time at Holy Family. We want our children to aspire to be role models and to lead sporting activities, organise games and events and lead by example. By emphasising leadership, we hope the children learn the importance of communication, effort, team work, resilience, perseverance and a respect for rules.

PE and Sport are a proud integral element of the Holy Family experience and we will continually strive to develop and improve our offering to help nurture our children and prepare them for life after Holy Family.