



St Hugh of Lincoln RC Primary School



PE

Intent

PE at St Hugh of Lincoln Roman Catholic Primary School aims to develop a fun, high-quality physical education curriculum that inspires all pupils to succeed and excel individual's abilities in competitive sports and other physically-demanding activities. We will provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Our children will have opportunities to compete in sport and other activities that build character and help to embed values such as fairness and respect. PE at St Hugh's is an imperative element of the curriculum, which develops a need for healthy life styles, a balanced diet, positive growth mind-set and the resilience to persevere with activities. We are passionate about the need to teach children how to cooperate and collaborate with others, as part of a team, understanding fairness and equity of play, which will embed life-long values.

Implementation

Pupils at St Hugh's participate in weekly high quality PE and sporting activities. Our PE programme incorporates a variety of sports and physical activities to ensure all children develop the confidence, tolerance and the appreciation of their own and others' strengths and weaknesses. We provide opportunities for all children to engage in extra-curricular activities before, during and after school, in addition to competitive sporting events. This is an inclusive approach which endeavours to encourage not only physical development but also well-being for all pupils.