

PE at St Mary's

At St Mary's we want PE lessons to be fun and achievable for all. We follow the REAL PE approach and philosophy which focuses on developing agility, balance and coordination, healthy competition and cooperative learning. We use its 6 cogs (creative, cognitive, health and fitness, physical, social and personal) in every unit to ensure that every child succeeds and is challenged. For variety we supplement Real PE units of work with sport specific lessons. Following this approach, we believe that we equip children with the skills needed to succeed in school sport and the motivation and skills to continue with sport outside school and into adult life as part of a healthy lifestyle.

Pupils have 2 timetabled PE lessons each week, one of which is indoor and one outdoor. In the second half of the summer term children have 2 swimming lessons in our heated shallow water outdoor pool. Our PE curriculum is further supplemented by a programme of competition opportunities for each phase.

Committed to keeping activity levels high and to achieving a minimum of 60 minutes daily physical activity for each child, we use curriculum time for additional daily 'PE bursts' through activities such as the Daily Mile and skipping. We also encourage active playtimes with the climbing wall, selected small equipment and the outside gym.