



PE Curriculum Intent at St John's Catholic Primary School, Trowbridge.

“Playing sport helps to develop important values such as...friendship, sharing, and solidarity” (Pope John Paul II 2000)

Our aim, at St John's Catholic Primary School, is for every child to be happy and enthusiastic learners of Physical Education, and to achieve their very best in order to fulfil their God-given talents.

The Catholic Social Teaching principles are fundamental to our teaching of PE across the school. The theme of 'family and community' is particularly important, as all children not only learn about the importance of working together to achieve a common goal, but are also given opportunities to participate in sporting events where they represent St. John's sporting community.

PE is hugely important and an integral part of the curriculum and wider school life at St John's. We strive to teach high quality PE through PE lessons; breakfast and after school clubs; daily mile- a-day and sporting events because we believe that PE has a powerful impact on the 'all-round development' of young people. Research from the NHS indicates that 'exercise has lots of health benefits such as: boosting achievement, building essential social skills and leadership skills, and teaching the importance of leading a healthy, active lifestyle'.

We want the children we serve to leave St John's with an excellent understanding and appreciation for the benefits of maintaining long-term health and well-being.