



## PE AT ST MARY'S

Our school vision **"they will soar on wings like eagles"**

PE is a transformative experience that empowers students to discover their passions, develop critical thinking skills, and build resilience. By fostering a deep understanding of their bodies and offering a diverse range of movement experiences, we equip students to live life to the fullest. Through healthy competition, collaboration, and teamwork, they learn the importance of perseverance, respect, and supporting others.

### RESPECT

Respect in P.E. is encouraging everyone regardless of their skill level. Follow instructions and take care of the equipment and facilities used - fostering a safe and enjoyable environment for everyone. We want students to respect their opponent and show sportsmanship at all times.

### NURTURE

Our goal is to nurture well-rounded individuals who are physically and mentally strong as well as being morally sound, ready to embrace all that life has to offer.

### COMMUNITY

Community in P.E. is cheering on your teammates and celebrating your victories like they're your own. Developing a passion for the activities you engage in within PE. and taking it beyond the classroom. We want our children to take pride in representing their community when competing.

### COURAGE

Courage in P.E. is using experiences as

### AMBITION

PE is about learning from the experience and

### RESPONSIBILITY

Taking responsibility for your physical and



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stepping stones to improvement - recognising them as opportunities to learn and refine technique. It's celebrating the effort we put in, win or lose.	wisdom of others so that you can accelerate your progress. Skill development takes consistent effort - practice diligently to refine movements. We aspire for all of our students to be driven to achieve their full potential.	mental health. Believing and trusting your body to do amazing things even if it feels impossible at first. Understanding that physical development is a journey which helps with setting realistic goals.
<b>SPIRITUALITY</b>	<b>GLOBAL CITIZENS</b>	<b>AWE AND WONDER</b>
Spirituality in P.E. is being present in the moment, focusing on your movements and appreciating the experience of physical exertion.	Global Citizenship in P.E. is building a bridge to connect with people from different cultures, fostering empathy and teamwork.	Awe and Wonder in P.E. is understanding the incredible capabilities of the human body and its potential for strength and endurance. It's exercising outdoors and appreciating the awe-inspiring beauty of the natural world.



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