

Physical Education at St Mark's

Our main aim is that **all** pupils enjoy being active and learn skills and develop attitudes which will form the building blocks of a healthy lifestyle.

Across a wide range of activities, which are inclusive and push all to do their best, pupils develop their agility, balance, coordination and speed. They learn to evaluate the performance of themselves and others and to work individually and in teams.

Our annual calendar for PE and clubs links with the local calendar of competitive events to enable as many pupils as possible to take part.

We also use links to topics wherever appropriate eg. dances from different cultures.

While the pursuit of excellence is very much developed, PE is an opportunity for everyone to enjoy being active and develop skills and a sense of pride in their own achievement in order to take them forwards with confidence.