

PE Vision Statement

“Intelligence and skill can only function at the peak of their capacity when the body is healthy and strong.”

John F. Kennedy

At Capel St Mary Primary, our vision is to ensure that all pupils develop the fundamental skills and gain confidence to excel and achieve in a wide range of physical activities by providing a broad and balanced curriculum that can be enjoyed by everyone. We aim to nurture confident children who preserve and strive to reach their very best.

Through the teaching of high quality PE, children will be taught the importance of a healthy lifestyle and self-expression. PE also contributes to the development of a range of important cognitive skills such as decision-making and self-reflection, and social skills such as teamwork, communication and respect that can be implemented in all aspects of the curriculum. We are dedicated to ensuring healthy minds, as well as bodies and will use our PE lessons to support our children's well-being by allowing them to understand how physical education has many mental health benefits.

Through strong links with Education Through Sports, Premier Sports and Suffolk Games, we foster a love of sport by providing children with the opportunity to take part in various after school clubs and competitions, celebrating their achievements within school. It is our aim that every child leaves Capel St Mary with a love of sport and are inspired to pursue this throughout high school and in later life.