



Physical Education

Rationale

Why is PE important at The Federation of Holy Trinity Church of England Schools?

- ✓ Physical Education improves our pupil's physical literacy and their development of fundamental movement skills.
- ✓ Through Physical Education provision, we are able to promote active and healthy lifestyles, with the objective of having a life-long impact on our pupils as they grow up.
- ✓ Physical Education provides enhanced sporting opportunities for all.



Meet Bolt!

Bolt is an athlete. Athletes are excited by sports; they focus on developing their skills, improving their performance and enthusiastically participating in sport.

At The Federation of Holy Trinity Church of England School, we want pupils to be provided with high quality learning opportunities across all subject disciplines through our curriculum. At Holy Trinity, the curriculum is integral to our ethos which is based on hope, aspiration and joy and giving pupils an opportunity to flourish. The curriculum supports and enhances learning through purposeful, well-planned and structured units which give pupils the knowledge and skills to make strong academic progress, safe choices and be positive and active citizens in our local, national and international community.

Within our school vision where we learn and flourish together, we aim to develop a pupil's resilience and perseverance, giving them the confidence to be independent thinkers with high aspirations. An essential part of this at Holy Trinity is the promotion of a pupil's physical and mental well-being through explicit curriculum teaching and enrichment opportunities.

We provide many opportunities for participation in sport and PE within the curriculum, through clubs and in the many competitions, we enter in the local and wider areas. We encourage wide and inclusive participation, and we dedicate time to developing our competition calendar.