

“The difference between the possible and the impossible is determination.”

Usain Bolt

Intent

At St Thomas à Becket Primary School, we place high value on Physical Education as a vital part of our whole-child development approach. Our aim is to deliver a high-quality physical education curriculum that inspires all pupils to succeed and excel in a broad range of physical activities, including competitive sport and fitness-based challenges.

We believe that PE plays a key role in developing not only physical literacy but also essential life skills such as teamwork, perseverance, leadership, and self-discipline. Through active participation, children develop confidence in their physical abilities, promoting long-term health and wellbeing. PE also offers a platform to celebrate effort, improve resilience, and encourage a positive attitude towards being active for life.

We are committed to fostering inclusive and engaging environments where all children, regardless of ability, can experience enjoyment and achievement. Furthermore, we aim to instil core values such as fairness, respect, and sportsmanship—characteristics that extend beyond PE lessons and into wider school and community life.

Implementation

To deliver our intent, PE at St Thomas à Becket is taught through a progressive, well-sequenced curriculum using the Complete PE scheme of work. This ensures consistency, clear progression, and coverage of all areas of the National Curriculum, including games, dance, gymnastics, athletics, outdoor and adventurous activities, and swimming. We enrich our provision by working closely with professional coaches from PH Sports and Lavington, who support the delivery of high-quality sessions and bring specialist expertise to lessons and clubs. Staff are supported with professional development to ensure confidence and consistency in delivering the curriculum effectively. Our pupils have access to a wide range of extra-curricular clubs and opportunities for competitive sport through inter-school competitions, festivals, and intra-school house events. These experiences promote wider participation, encourage physical challenge, and allow pupils to represent their school with pride. We are committed to inclusive practice and ensure that all pupils, including those with additional needs, can engage fully and positively in PE. Through regular assessment, pupil voice, and staff reflection, we continually evaluate and adapt our PE provision to ensure it meets the needs of all learners and inspires a lifelong love of physical activity.

