Updates CNS PE Intent

**Curriculum Intent**

Physical Education at Cardinal Newman Catholic School aims to provide students with the skills, knowledge and desire to lead healthy, active lifestyles, enabling life long participation in physical activity. Through our PE curriculum, from beginners to elite, our students are given every opportunity to develop their physical literacy, mental and social well-being. Developing and inspiring students to develop invaluable life skills, such as leadership, confidence, communication, problem solving and resilience.

Students are provided with further opportunity to develop skills and knowledge within physical activity through our outstanding enrichment offer, which inspires students to showcase their god given talents in striving to achieve their best.