

Physical Education

We recognise the importance of physical education to give our pupils the opportunity to be as physically active as they can be, in a safe and supportive environment. This enables our pupils to understand the importance of being physically active, building resilience and having determination to support them in practicing the skills needed to be successful in all areas of learning, life, and sports, we do this through an inclusive and progressive curriculum alongside high quality teaching and the use of Commando Joe's.

We aim to promote, encourage, and support the achievement of all our pupils. We hope that all our children will belong to our sporting community and teams, be inspired and active, and become healthy and inspired athletes with a strong sportsmanship ethos. The work done within the subject of Physical Education is designed to complement, contribute, and support this aim as well as demonstrating our school values. Through Physical Education, pupils gain both enjoyment and fitness. They develop an understanding of the skills necessary for developing independent self-challenging work, teamwork, confidence, tolerance and perseverance. They also begin to appreciate their own strengths and weaknesses as well as those of others.

We encourage pupils to participate in frequent physical activity throughout their lives, and strongly encourage pupils to attend extra-curricular activities available within school and to be aware of leisure opportunities within the community.

