



P.E.



We believe that physical education, experienced in a safe, engaging and supportive environment, is a significant factor in developing our children's physical competence and confidence, from nursery through to Year 2.

We promote physical skilfulness, physical development and knowledge of the body in action. We aim to give a stimulating, enjoyable and appropriately challenging learning experience. Children may work as individuals, in pairs or take part in group activities. During co-operative, creative and competitive situations they are encouraged to use their problem-solving skills.

Our children are also encouraged to appreciate the importance of a healthy lifestyle and be aware of the factors that affect our health and fitness.

The children will be involved in up to 30mins daily physical activity plus a weekly planned focussed lesson of up to 1hr. They also have the opportunity to take part in after school clubs.