

## **P.E. (Physical Education)**

We believe that Physical Education provides a unique learning opportunity:

- It develops children's physical competence and self confidence.
- It promotes children's understanding of physical development and their body in action.
- It provides the skills for pupils to use their body efficiently.
- It promotes the importance of active, fit and healthy lifestyles.
- It develops children's ability to enjoy honest competition and develop good sporting behaviour.
- It develops children's evaluative skills, helping each other to develop their own and each others' performances.

Children learn to think creatively and to work both individually and collectively to make decisions and solve problems. Physical education experienced in a safe and supportive environment using a variety of teaching and learning styles makes an important contribution to a child's physical and emotional well being.

Our Games curriculum is taught by qualified coaches from Elite Community Coaching. We have a large, well equipped hall, a large playground and a field on site where all PE lessons take place. We teach all aspects of physical education: dance, gymnastics, games, athletics, outdoor and adventure education, and in years 2, 3 and 4 swimming.

After school sports clubs are run by coaches and our children regularly represent the school at matches and tournaments.

*Mrs Clare Williams*