

# Physical Education



At Mowbray we complete the daily mile every day!

## What does Physical Education look like at Mowbray?

- Every child participates in two PE lessons every week
- In EYFS and some of KS1, Fundamental Movements is a focus
- Specialist sports coaches work with different classes throughout the year, teaching a range of specific sporting skills
- We have strong links with a wide variety of local community clubs
- We take part in inter-school competitions and festivals in our local area
- Every year, children participate in sports day. The emphasis is on enjoyment, participation and team building, with elements of competitiveness
- We receive awards every year which are a part of the school games core values. These values are: determination, passion, respect, honesty, self-belief and teamwork.

## Extra-curricular opportunities at Mowbray

- Football
- Tennis
- Gymnastics
- Dance
- Tag-rugby
- Multi-Skills
- Cycling
- Cricket
- Hockey
- HoopStarz
- Athletics



Our School Sports Partnership delivers high quality PE as well as CPD every Tuesday.

The Newcastle United Foundation delivers high quality PE every Friday.



We have a fantastic cycle track on site and a magnificent fleet of bikes. An after school club is delivered every Tuesday and Thursday.

## What our pupils say:

All of my different PE teachers will help me.

I really like PE because you get to do exercise and it is fun.

I like it when we are in groups and use teamwork

We feel that PE is a fundamental part of the curriculum as it develops teamwork and a drive to be the best you can be and also encourages a healthier lifestyle.

**WE HAVE A UNIQUE HISTORY OF ACHIEVEMENTS AT MOWBRAY!**