

Aims

For pupils to :

- ◆ Become skilful and thoughtful performers, developing control and co-ordination and becoming physically literate.
- ◆ Learn how to lead a healthy and active lifestyle.
- ◆ Develop confidence , applying and adapting their skills in a wide range of activities.
- ◆ Have an appreciation of the creative and aesthetic aspects of PE.
- ◆ Develop socially and emotionally to promote confidence and self-esteem.
- ◆ Show commitment, fairness, tolerance and a concern for others as well as individual success.
- ◆ Develop personal and social competence and manage success in competitive and co-operative situations.
- ◆ Manage success, to cope with losing, and to retain a proper sense of perspective in competition.

CLUBS

(We run a variety of clubs throughout the year. Here are just a few!)

Dance club

Football Club

Netball Club

Athletics

Scot & Cycle

X-Country

Multi-skills

Jujitsu



Physical Education

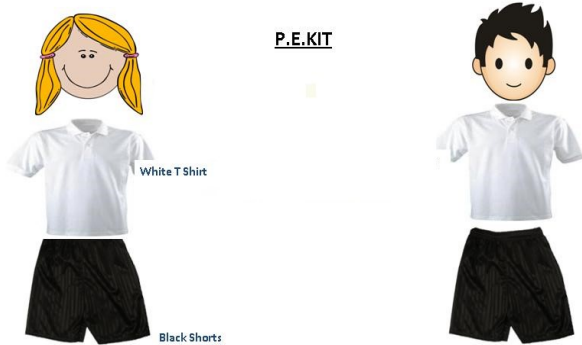
Rationale

Physical Education and school sport should give all children the opportunity to improve and achieve physical competence in line with their age and potential. Physical Education and school sport enables children, whatever their circumstances or ability, to take part in and enjoy a wide range of activities. It promotes positive attitudes to health, safety and well-being.



What to wear?

All children are required to have a PE kit.



N.B Please name all your child's clothing

At KS1, children may wear their uniforms, if the physical activity is deemed safe enough to be carried out in school uniform.

No jewellery or watches are to be worn and long hair must be tied back.



What will my child be taught?

All children have access to at least 2 hours high quality PE every week.

At Foundation Stage and KS1, physical activity is delivered through the 4 strands of the LEAP programme in addition to the KS1 ARENA Scheme of work.



At KS2, all components of the National Curriculum programme of study i.e. Athletics, Dance, Games, Gymnastics, Outdoor Adventure Activities and Swimming are covered throughout the year, so that a realistic attempt is made to achieve the expected levels of performance as set out in the NC level descriptors.

Other opportunities to be Physically Active.

Parents and children are encouraged to walk, scoot or cycle to and from school.



During break and lunch- times the children have access to a range of equipment to be physically active. All classes have outdoor learning once a week.

We also love our bike track!

