

## PE

All children have regular opportunities for a variety of physical activities which form an integral part of the timetable. We expect all children to participate in PE sessions and staff work hard to make any necessary adjustments to include all pupils.

Children in years 5 to 8 follow a balanced and varied program which utilises the sports hall, hall, the field (weather permitting), netball courts and hockey field. They have the opportunity to learn gymnastics, cheerleading, kwik cricket, cricket, tag rugby, rugby, basketball, football, rounder's, athletics, netball, trampolining, table tennis, badminton and softball. We employ a qualified sports coach to teach and develop specific sports like gymnastics and cheerleading, all of the other sports are delivered by our Head of PE.

The PMS aims to involve all children in sport and to promote a healthy attitude to life and physical exercise. We have a range of sporting clubs available for children to attend throughout the year, led by trained coaches or members of staff. In addition to regular PE lessons, we encourage physical activity on a daily basis.

All year groups participate in many different sport events throughout the year, competing against other schools locally, but in some sports like football, they are entered in the ESFA national cup competitions for both boys and girls. In the past we have won some local competitions, gaining access to county finals. National games are a great experience as expectations are high and children compete against schools from other areas of the country, developing their confidence, social and mental skills as well as sports tactics.

Our curriculum fully meets the National Curriculum and is linked to the GCSE PE and BTEC Sport Course that our students may wish to follow as they transition to Upper School.