

PE

Our physical education programme aims to involve each child in making a positive contribution to its individual physical fitness and well-being and staff place a strong emphasis on the importance of physical activity.

All children participate in at least two hours of sport each week as part of the curriculum, taking part in exercise that involves the whole body, maintains flexibility and develops strength and endurance. Children learn various sporting skills and also specific terminology relevant to the activities undertaken. Children are also taught the importance of leading a healthy lifestyle.

The school places great value on the importance of inter-school sport and teams play against other schools in football, netball, rugby and cricket. Teams are entered for swimming galas, cross country events and district sports events.