

Physical Education



“Where everyone has a voice”

Physical Education within school consists of developing the physical competence, confidence and fluency so that children are able to move efficiently, effectively and safely and understand fundamentally what they are doing.

The aims of Physical Education is to enable our students to experience sport in a safe and supportive environment, which directly contributes to pupil’s physical development and well-being.

This is achieved through a broad and balanced curriculum that is intended to increase self-confidence and teach the ability to manage their bodies in a wide variety of movements.



The aim of Physical Education is to promote:

- To develop skilful use of the body, the ability to remember, repeat and refine actions and to perform them with increasing control, co-ordination and physical fluency
- To develop an increasing ability to make and apply decisions about selecting, linking and applying skills, tactics and compositional ideas
- To develop an understanding of the effects of exercise on the body, and an appreciation of the value of safe exercising, and the need to sustain this throughout life
- To promote an understanding of safe practice, and develop a sense of responsibility towards their own and others’ safety and well-being

Mr L. Charnock
Physical Education Teacher