

In our PE programme we aim to give all the children the opportunity to be physically active, to develop their knowledge and understanding of the subject and to develop an interest in sporting activities which will continue into adult life. To do this, we provide a wide range of activities which fully satisfy National Curriculum requirements as well as being fun and attractive to all levels of performer. We believe that everyone can improve their competence in any given area of the PE curriculum and our lessons are structured to optimise this.

Additionally, there are numerous extra curricular opportunities including running club, highland dancing, athletics, tennis, a cricket club in the summer, a number of football teams and a netball team. Some of these training sessions are further enhanced through the use of professional coaches for sports including football (boys and girls), volleyball, basketball, cricket and rugby. These opportunities are repeated annually.

Optional Residential visits will be offered throughout the school to build on the thinking skills, outdoor pursuits and orienteering abilities developed within the PE curriculum. At present, these include annual visits to the Allendale for Key Stage 2 and Year 8; and a two year rotational skiing trip/residential to France.

In Year 5 your child will learn:

- Applying rules to small-sided games.
- Ways to improve their own their own performance.
- Refining and gaining new skills.
- Understanding the importance of physical activity.

Through the following activities:

- Gymnastics.
- Dance.
- Games (football, golf, hockey, tennis, multi skills, cricket, rounders, tag rugby).
- Swimming.
- Athletics.

In Year 6 your child will learn:

- Applying rules to small-sided games.
- Ways to improve their own their own performance.
- Refining and gaining new skills.
- Understanding the importance of physical activity.

Through the following activities:

- Outdoor adventurous activities.
- Games (football, netball, cricket, rounders, tag rugby, hockey, tennis, swimming, volleyball).
- Dance.
- Athletics.
- Swimming.

In Year 7 your child will learn:

- How to improve basic physical education skills.
- How to apply rules in small-sided games and modify and develop plans/strategies within the games.
- How to work individually and in groups to analyse their own work and clarify what has been achieved.
- To understand the benefits of physical education to personal health and how it can improve fitness and wellbeing.

Through the following activities:

- Athletics.
- Games (rugby league, cricket, football, basketball, rounders, hockey, table tennis, volleyball, netball).
- Health Related Fitness.

In Year 8 your child will learn:

- How to improve basic physical education skills.
- How to apply rules in small-sided games and modify and develop plans/strategies within the games.
- How to work individually and in groups to analyse their own work and clarify what has been achieved.
- To understand the benefits of physical education to personal health and how it can improve fitness and wellbeing.

Through the following activities:

- Outdoor adventurous activities/ problem solving.
- Athletics.
- Games (football, cricket, rugby league, badminton, rounders, basketball, hockey, table tennis, netball).
- Health Related Fitness.