

Physical Education

The aim of the Physical Education curriculum is to promote physical activity and healthy lifestyles, to develop a range of skills, to provide opportunities for team and individual games and to encourage a good sporting attitude.

From year 3 to Year 6 pupils are taught games, gymnastics, dance and athletic activities. Swimming is taught to Year 6 in the autumn and spring terms and Year 5 in the summer term. Year 6 classes also have the opportunity to participate in outdoor adventurous activities during their residential stay at Pendarren House Outdoor Education Centre in Wales.

Children will learn to develop the control and quality of their skills, apply tactics, strategies and rules in group and team activities. They are given the opportunity to use a range of equipment and apparatus and to take part in athletic challenges that call for precision, speed and stamina. In swimming, the aim is to develop confidence in the water, swimming competently and to teach the skills of water safety and survival.

The school participates in competitive intra-school competitions and events organised within the local authority between schools and in competitions organised by our receiving secondary schools. Competitions involving other schools have included: basketball, cross country, football, swimming and hockey.

Classes have at least 2 hours a week curriculum time for PE. This time is extended through Topps Sports activities at playtime and a lunch time table tennis club. The school also provides multiskills, basketball, football, street dance and netball after school clubs. All children take part in an annual whole-school Sports Day, hosted at St Aloysius sports ground. The event is used to promote sporting competition, give pupils a chance to showcase their skills and is also an opportunity for children across year groups to bond in their respective house teams.

The school makes use of expert coaches from disciplines such as netball, basketball, cricket and tennis and participates in sporting days and festivals at local secondary schools including Grieg City Academy and Highgate School.

The School achieved Olympic "Get Set" status in 2011 by showing a commitment to the Olympic and Paralympic Values and as a result was rewarded with tickets to attend several events at the London 2012 games.