

Our school ethos is to lead a healthy lifestyle, through making healthy food choices and being physically active as much as possible. This is embedded through all areas of the curriculum. Throughout our school day, children regularly engage in fun active breaks which give our children a burst of energy to keep them focused. All children are encouraged to make healthy food choices, drink water and to be sun safe superstars! To add to this, all children have access to their own skipping rope, children practise this technique daily.

We are proud of our commitment to developing the whole child.

In our P.E lessons, the children learn how to keep safe, work as part of a team, show good sportsmanship and learn how to improve their performance. As a school we follow REAL P.E which is a scheme that is aligned with the National Curriculum that focuses on balance and co-ordination, team work and personal growth. REAL P.E encourages children to think positively about physical education and allows all children to achieve.

We also have programmes that run alongside the P.E lessons to help develop children's fine and gross motor skills. These are; Physical Literacy, Balanceability, Every Child a Mover (ECAM) and Active Hands. The interventions run from Nursery through to Year 2.