

Physical Education (PE)

At St Alphege we recognise the vital contribution that physical education makes to a child's physical, cognitive, social and emotional development as well as the role it can play in a child's spiritual, moral and cultural development.

We aim to aid children's increasing self-confidence in their ability to manage themselves and their bodies within a variety of movement situations.

Through a balance of individual, paired and group activities, we aim to cater for the different strengths, needs and preferences of each child, using differentiated activities where appropriate.

We believe that through the variety of opportunities that PE offers, children can develop a sense of personal achievement, fair play, teamwork and an understanding of the ways in which sport can overcome barriers.

We plan a range of activities that aim to provide children with by providing a fun and varied curriculum, which includes gym, dance, athletics, multi skills and tennis. Our lunchtimes offer active games and we also have many extra-curricular sporting clubs and activities. We also ensure that the children at St Alphege get the chance to meet adults working in sport both locally, and internationally.

Events such as Children in Need have been used to invite local street dancers to perform.

Cultural celebrations are used to involve visiting dancers and recently a sponsored event, led by an Olympic gymnast, have all been used to inspire a love of sport and to develop creative and expressive abilities in all year groups.

Our children are taught to appreciate the importance of a healthy and fit body, and begin to understand those factors which affect health and fitness. This work is closely linked with our Personal, Social and Health Education (PSHE) curriculum.

PE and Sports Funding

Through the Government Funding for sport, we provide opportunities for pupils to work with PE specialists. At St Alphege our specialist teacher works across several local schools. The funding is supporting PE training by providing opportunities for teachers to work alongside the specialist teacher to develop new strategies, games and assessment techniques.