

# Physical Education

We believe in a high-quality Physical Education (PE) that equips the children with the skills to lead healthy, active lifestyles and to have positive mental health and wellbeing.

Our curriculum encompasses all the skills from the national curriculum in an inclusive environment allowing PE to be a positive experience for all. Children develop the skills to become resilient team players who have respect for everyone involved. In addition to this, the children are given the opportunity to increase in confidence and competence in a range of physical activities including dance, gym, multi-skills and swimming in Years Four, Five and Six.

PE at Duddon St Peter's is led by a specialist PE teacher or by experienced class teachers for a minimum of two hours per week. In line with the national guidance on keeping children active and healthy, we also provide opportunities throughout the day to keep children active and to meet their target of one hour of exercise per day. This includes taking part in the daily mile, active brain breaks and organised lunchtime activities with a dedicated teacher. A wide range of after school activities are provided that are a further chance to participate in physical activity.

We have a strong link with our local high school and the Sandstone Partnership. This enables the children to take part in competitions with local and wider schools. The children also have the opportunity throughout the year to work with Deeside Ramblers Hockey Club and the Chance to Shine Cricket program.

Overall, the children are given a broad and balanced curriculum that enables them to be the best they can be.

