



PE is Physical Education

Our children have 2 hours a week of PE lessons which are taught by qualified teachers. Children learn the fundamental movement skills of Agility, Balance and Co-ordination in Nursery, Reception and KS1. They start to use these skills in small-sided games, gymnastics and dance sequences in KS1. In KS2 they extend their skills and apply them to more challenging situations. They also get taught the School Games values of honesty, teamwork, respect, passion, determination and self-belief.

Year 3 children have started their swimming lessons with lots of enthusiasm and many are starting to swim independently. Learning to swim is an important part of the National Curriculum and it is a skill which could save a life!

If you want to see what is being taught in your child's PE lessons, have a look at the long term PE plan on the school website or look in the year group newsletters.

Don't forget that all children need to bring their PE kit to school every Monday.

They must have trainers and jogging bottoms or leggings as they will be going outside. Hair must be tied back and all jewellery, including earrings, must be removed to keep the children safe.



PE-SS-PA Newsletter January

SS is School Sport

This includes after-school sports clubs and sports competitions. We are part of the West Leeds Sports Partnership which organises events with other schools.

In the Autumn Term, we had 12 different sports clubs for KS2 children and this will extend to KS1 children in the spring. Children from Y2 to Y6 attended competitions and events in the following sports: athletics, ten pin bowling, dodgeball, netball, football, basketball and gymnastics. There are many more events planned for 2023 - so look out for Ping messages!

Sports Ambassadors

Each class voted for 2 Sports Ambassadors and they have been busy finding out what lunchtime play equipment their class wants and re-filling their equipment bags.

Active Leaders

Ms Reddish has been training the Y5 & 6 Active Leaders who will start to lead lunchtime play activities for the younger children in 2023.



PA is Physical Activity



This is where children keep healthy by being active throughout the school day. It includes active lessons (not sitting at a desk), Forest School, 'Now Press Play' lessons and daily skipping.

Year 4 have had a visit from Katie from Skipping School who taught them some new skills to practise for their skipping competition in March.

Years 3, 4 and 5 have had Forest School sessions. Did you know that being outside in a natural environment can improve mental as well as physical health? Forest School not only teaches new skills, but improves self-esteem, teamwork, communication, social skills and builds resilience.

The school pond was completely frozen in December so we are hoping that the frogs will come back and lay more eggs in the spring.