

# PHYSICAL EDUCATION AT ST. ANDREW'S

Physical Education is highly valued at St. Andrew's and it is seen as a vital bridge between the academic and the physical nature of each school day.

At St. Andrew's we strive to realise the full potential of every child, regardless of his or her ability. Physical Education is a subject whereby children learn, not only to improve their own performance, but also to appreciate and respect the performances of those around them. The development of each child's strength, co-ordination, stamina, skill level and spatial/tactical awareness, runs parallel with the appreciation of fair play and understanding of how to work and interact with others.

In seeking to maximise the potential of each child we aim to develop not only their physical performance but equally to engender a feeling of well-being, of fun and enjoyment.

Each Physical Education lesson is mixed, allowing both boys and girls to work together within a sporting domain. Lessons last 40 minutes and they mainly take place in the Sports Hall. Each child receives one Physical Education lesson per week. The areas covered in Physical Education at St. Andrew's are : Gymnastics, Badminton, Foundation Skills (Years 3 and 4), Basketball, Invasion/Net Games, Cross-Country, Volleyball, Health-Related Fitness, Tennis, Athletics and Table-tennis. In addition Years 3 and 4 have an extra lesson for Swimming in the summer term.

The Physical Education department liaises closely with the Games department and with directors of other activities such as Swimming, and the optional activities of Orienteering, Riding, Golf and Ballet, to obtain a better appreciation of a child's overall physical development.

