

Physical Education

What does Physical Education look like at St Edward's?

Every child participates in at least two physical education lessons per week. Additional physical activity is delivered through active lessons.

Specialist sport coaches support teams in preparing for Level 2 competitions.

As a whole school, we take part in Sports Day, National Fitness day and at least 2 Level 0s.

As a school, we follow REAL PE to ensure our lessons are inclusive and accessible for all as well as a games based lesson to ensure skills are being applied.

Over the past few years, as a school we have worked hard establishing and maintaining community links. We have links with Kettering Hockey club, Kettering Golf club, Kettering Rugby club, Northampton Cricket Club. Northampton dodgeball. We are fortunate enough that specialist coaches come in and deliver sessions on the skills required for the sport.

We enjoy doing the daily mile.
Year 2 pupils

During PE, we like being active, being part of a team and getting healthier.
Year 4 pupils

We like being able to get out in the fresh air and using the playground.
Year 5 pupils

We enjoy having 2 lessons and each is different.
Year 6 pupils

What input do our children have on Physical activity?

Within our school, we have a Sports Crew, Playground leaders and Fitness friends. These are key stage 2 children. Each group of children are responsible for different sport activities.



Extra-curricular opportunities include: Fun and Fitness, Yoga, Tennis, Gymnastics and Football which take place both before and after school.

St Edward's ensures that PE is inclusive and accessible to all. Children are encouraged to be the best they can be and are provided with many opportunities to showcase their physical skills through Level 0, 1 and 2 competitions.

