

Through P.E. children undertake physical activity and learn to understand about healthy lifestyles. They should learn to develop positive attitudes and ensure safe practice. KS2 children are taught six areas of activity: games, gymnastics, dance, athletics, outdoor and adventurous activities (orienteering exercises, adventure play apparatus, residential visit) and swimming. Our sporting aims fall under four headings:

- enjoyment
- exercise
- an opportunity to acquire skills
- an opportunity to enjoy the challenge of competitive sport

Whilst at Heronsgate, children have the opportunity to experience and develop skills in a variety of sports including: cross country, football, netball, rounders, cricket, athletics, short tennis, rugby, hockey, volley ball, dance, gymnastics and swimming. We feel that competition is a desirable and necessary aspect of games and we stress the importance of good sportsmanship at all times. We compete in inter-school tournaments, district and inter-county competitions. Participants fulfil the above aims.

