

PE

At Lynnfield School we understand the importance of physical activity when creating a healthy school and environment for the children. Physical Education within school not only improves the physical activity of our children but also, through developing a range of skills, it builds confidence and positive attitudes towards being active and leading a healthy lifestyle.

At Lynnfield we do this by:

- Providing a range of physical activities for all pupils, every week, for 2 hours.
- Cover a range of gymnastics, dance, games and athletics throughout the academic year.
- Provide swimming to years 3, 4, 5 and 6.
- Enhance the school curriculum with the support of outside expertise.
- Provide the opportunity for extracurricular sporting activities through a range of afterschool clubs. This includes Football, Dance Fit, Active8, Cricket, and Tag Rugby.

By working alongside High Tunstall College of Sports Science, we have the opportunity to participate in numerous sporting festivals throughout the school year including Sportshall Athletics, Multi-skills events, Football, Netball, Tag Rugby, Tennis, Cricket and Swimming. This has provided the opportunity for more and more children to experience the competitive side to these sports and gain pride in their own achievements.