

What does Physical Education look like at Old Bexley?

At Old Bexley we deliver high quality Physical Education lessons which are accessible to all. Children participate in exciting individual and team games whilst learning about the importance and many benefits of physical education. Children are encouraged to become physically confident and are taught several skills which will also help them in their wider life. Lessons are taught in sequences – allowing the children to build on previous skills and knowledge. They will be taught by both teachers and Sports professionals. Children are inspired to succeed and excel and the school values are brought alive in PE lessons. Children’s achievements are regularly celebrated at our school.

What do children say about Physical Education at Old Bexley?

At Old Bexley, children enjoy and are enthusiastic about Physical Education lessons:

“It’s energetic and the PE teachers are the best! It’s the best! All year 5 love it!” – Year 5 child.

“We enjoy PE because it is fun and helps us to become stronger and quicker.” – Year 2 child.

“I love PE because it’s fun, keeps us active and we learn new skills.” – Year 4 child.



What is the purpose of Physical Education at Old Bexley?

The purpose of Physical Education at Old Bexley is to increase children’s health and wellbeing, build character and develop skills such as self-belief, trust, team work, resilience, equality and determination. Children will be exposed to positive experiences during PE lessons through positive reinforcement. We aim to engage all children to participate in regular physical activity and to teach them about the many benefits of doing so. Through teaching a broad range of skills and activities, children will have the choice to decide which activities they would like to continue participating in in later years. We also strive to give as many children as possible the opportunity to participate in a variety of competitive sports during their school life, giving them the prospect of understanding what competition feels like, what it is like to be part of a team, how to be a leader of a team and to be able to both win and lose with equal grace. We hope that all these opportunities will help our children to develop into well-rounded and balanced individuals all set for life's challenges.

At Old Bexley every child has the opportunity to develop the physical confidence and competence to enjoy being physically active. This will allow our children to develop into physically literate preadolescents. We hope this will lead to a life-long passion of being physically active.

