PE at Stathern Primary School aims to develop a fun, high-quality physical education curriculum that inspires all pupils to succeed and excel in all areas of the curriculum and also have the opportunity to compete in team sports and as individuals. Our broad and engaging curriculum aims to develop co-ordination and strength, help to improve concentration and learning across the subjects, build confidence and social skills, increase physical and mental health and above all makes them feel good about themselves.

In key stage 1, children develop fundamental movement skills by learning team sports, mastering dances routines, developing strength and stamina in programs such as smarty pilates and by developing balance and co-ordination in gymnastics.

In key stage 2, children continue to develop a broad range of skills which include: competitive games such as tag-rugby and cricket, gymnastics, orienteering and a variety of athletics programs that help develop their running, jumping throwing and catching. We pride ourselves in our fantastic dance curriculum which inspires creativity, self-belief and leadership. The children choose a theme, create a dance and then get the opportunity to perform at a local theatre with children from other schools.

Our children have opportunities to compete in sport and other activities that build character and help to embed the school values such as fairness and respect. At lunchtimes, children get to develop these skills further by taking part in high quality activities ran by experienced staff and a dedicated Sports Crew. During these activities children have the opportunity to self-improve and every mile stone is celebrated with certificates of achievement.

PE at Stathern is an imperative element of the curriculum, it helps to develop a need for a healthy life style, a balanced diet, positive growth mind-set and the resilience to persevere with activities that may be once have felt too difficult. We are passionate about the need to teach children how to cooperate and collaborate with others, as part of a team, understanding fairness and equity of play to embed life-long values.

We provide opportunities for all children to engage in extra-curricular activities during and after school, in addition to competitive sporting events. This is an inclusive approach which endeavours to encourage not only physical development but also well-being for all pupils.