

Why do we do PE, Physical Activity and School Sport?

We do PE, Physical Activity and School Sport because:

- It helps our bodies to be healthy- it gets our blood pumping and heart thumping
- It helps our minds to be healthy- it makes us smile and eases our worries
- It helps us to develop our personal; social; cognitive and creative skills
- We learn about how to keep our bodies and minds healthy when we grow up

Values

At White Laith we want our PE, Physical Activity and School Sport to show outstanding:

Teamwork- We support each other by encouraging, praising and being positive.

Self-belief- We are determined to achieve and we believe in ourselves. We can achieve great things and we never say can't, it's always 'can't yet'.

Passion- We give 100%, we are determined and we always persevere.

Respect- We treat each other in a polite and understanding way. We respect others everyday, in everything we do and with everyone we work and play with. We are all equal.

Honesty- We are truthful and promote fairness. We are brave and have courage to do the right thing.



Active Travel

Coming to school actively is important in helping to keep our bodies and minds healthy.

We like to talk to our friends and adults on the way to and from school. It's good for our community and the environment.

These are the ways we travel actively to school:

- Walk
- Scoot
- Skate
- Cycle
- Park and stride- park 10 minutes away and walk
- Hop off- get off the bus a stop early and walk

We take part in the 'Living Streets' WOW challenge and record how we get to school each day. We compete with other classes to see which class is the most active and we get a new badge each month if we travel to school actively.



Competitions and Festivals

We enjoy attending special events like festivals and competitions. Sometimes we go to competitions with all of our class and sometimes just in smaller teams, but everyone gets a chance to attend a sporting event.

Here are some of the events we attend:

- Dodgeball
- Football
- Tag Rugby
- Wake up Shake up
 - Dance
 - Gymnastics
 - Cricket
 - Hockey
- Quad Athletics
- Sports Hall Athletics
 - Cross Country
 - Skipping
- Winter Games- Lacrosse and American Football

In school we take part in School Games competitions in PE and in the playground. We also take part in school cross country, sports day, the bog-eyed jog, Community School Games Day and BBQ football in the summer.