



Tweedmouth West First School

Our Physical Education Curriculum

Respect Responsibility Resilience

P.E. plays a big part in our school life. We have been awarded the Platinum Mark for the second time, and this reflects the importance we place on P.E.

P.E. is so much more than sporting skills, activity and achievement. It is also about developing the children's confidence, ability to work as a team, and building up their self-esteem.

We offer the children a wide range of sports, aided by the sports coaches who come into school, working with the children and also training the staff. We take part in many local inter-school sports, and also the Northumberland School Games, representing North Northumberland.

In school, we start each day with Wake and Shake; then Activate or GoNoodle through the morning, followed by the Daily Mile after lunch. Our children go swimming, and we have a Forest School where their learning can happen in a much more active way in the outdoors.