

PE vision

'Fitness isn't about being better than someone else, it's about being better than you used to be.'

At Marcham School, our unwavering commitment is to cultivate a comprehensive approach to education, with a strong focus on nurturing physical well-being. We firmly advocate that every child should not only have the chance to actively engage in physical exercise and activities but also develop the confidence and enthusiasm to do so. Our mission is to create an environment where children not only participate in these activities but also cultivate a lasting passion for physical fitness, instilling in them the value of an active and healthy lifestyle. Through a meticulously designed curriculum and supportive teaching methods, we endeavour to sow the seeds of a lifelong appreciation for physical wellness, imparting to our students the enduring benefits of a vigorous and balanced life.

Our commitment to promoting a wholesome, balanced lifestyle in our school extends to tangible actions. Our primary objective is to ensure that each child partakes in a minimum of 30 minutes of exercise daily. To achieve this, we offer clubs and activities both during and after school hours. These opportunities not only promote physical activity but also cater to a wide array of interests and talents, rendering exercise an enjoyable and integral facet of our students' lives. Our aim is to continue this and increase the range of activities.

We ardently believe in the value of competition as an indispensable facet of a well-rounded education. Through competitions, we provide students with the opportunity to represent Marcham School, fostering teamwork, sportsmanship, confidence, and the invaluable life lessons of both winning and losing graciously. These experiences transcend the confines of the classroom, equipping our students with skills and values that are pivotal for their personal growth and development. We view competition as a means not only to showcase their talents but also to nurture character and resilience, thereby preparing them for the challenges they may encounter in their future ventures.

Indeed, at Marcham School, the cultivation of sportsmanship and leadership is an integral aspect of our educational ethos. We are wholeheartedly committed to providing opportunities for children to assume leadership roles within the school, and sports activities offer a perfect platform to foster these leadership skills. These experiences enable children to orchestrate games, set an example, and develop indispensable life skills such as effective communication, organisation, teamwork, resilience, perseverance, and a profound respect for rules. By instilling these values through sports, we aim to prepare our students not just for athletic success but also for the role of responsible and principled leaders in every facet of their lives.

Physical education and sports are a source of immense pride at Marcham School, and we are dedicated to their continuous growth and advancement. We firmly believe that by offering a broader range of experiences and opportunities in physical education and sports, we can better equip our young people for the journey beyond Marcham School. These experiences not only

promote physical well-being but also instil essential life skills, promote teamwork, and foster a sense of achievement. As we cast our gaze towards the future, our commitment remains unwavering in enriching the lives of our students and providing them with the tools they require to thrive in the world beyond our school's walls.