

# Physical Education



At First Tower School, we aim to instil a passion for PE to ensure that every child has the opportunity to be the best they can be in their PE lessons, sport and active playtimes. We strive to give children the opportunity to be challenged internally and with other schools to instil values of perseverance, respect, friendship and good sportsmanship. We aim to promote a positive attitude towards a healthy and active lifestyle. This includes providing children with opportunities to be active throughout the day and across the curriculum.