

A Sporty School

We have always enjoyed and thought that a little competition was important for our development here at Bridstow School, and this is certainly true on the sports field. We have always tried to provide a wide and well balanced diet in terms of sports activity.

All of our classes receive weekly sessions from a qualified sports coach, mainly in skills associated with team games, but also in athletics in the summer. On Wednesday's, you will see children from Reception all the way up to year 6 engaged in active, lively PE sessions – come rain or shine.

In addition, we also provide swimming for key stage 2 children (it is very unusual for any of our children to leave school not able to swim at least 25m), gymnastics, dance and outdoor learning opportunities for our children. This includes residential visits, where our children are challenged to try activities such as caving and rock climbing, so see just what they might be capable of if they push themselves as far as they can.

Along with our partner schools in the Wye Valley Learning Network, we compete in a range of team events – netball, football, tag rugby, tennis, cricket, rounders and dance are all part of our commitment to providing opportunities to compete with our peers. Though we are a small school, our children always compete well, and demonstrate a level of skill that compares very favourably with other local schools.

At break times, we encourage activity by providing a wide range of resources. It isn't unusual to see children on pogo sticks, children playing tennis, football cricket, skipping and using hoola hoops in different areas of our school grounds.

We hope that you can see that physical activity here at Bridstow isn't just about lessons – it is about living life to the full.