

Lancaster Royal Grammar School

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Physical Education

Physical Education at Lancaster Royal Grammar School focuses on the teaching of personal growth through health related fitness, and develops the necessary skills that are required for leading an active healthy lifestyle.

The primary goal of Physical Education at LRGS is to help students develop total well-being through physical, mental, social, and emotional fitness.

Emphasis is placed on the importance of team sports, and the acquisition of knowledge. Research shows that pupils who play team sports develop friendships, camaraderie, and teamwork along with leadership skills quicker. Team sport at LRGS provides pupils with important lessons on personal values. Rugby and cricket are the major team sports.

Pupils are expected to commit themselves fully to the extra-curricular programme on offer, and understand that it is an honour to be selected to represent the School, and will do so to the best of their ability. LRGS is proud of its competitive fixture calendar in a wide range of sports. Fixtures take place on Saturday mornings against some of the top schools in the North of England.

Mr D Hall
Head of PE