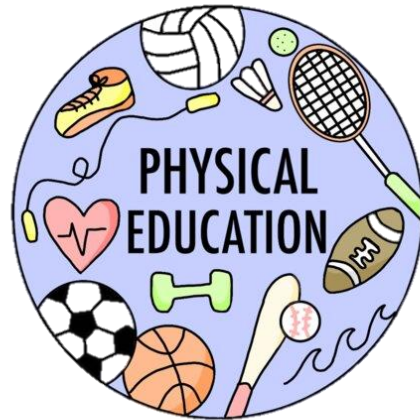


Physical Education



Southway Junior
School

Intent

Physical Education is an important and fundamental part of our curriculum offer to our children at Southway Junior School.

We aim to teach the children the importance of health, well being and physical activity. As a school, our school values underpin the work that we do and in addition to providing children with necessary skills and the capability of applying these to team games.

We believe that building a culture of resilience helps them identify areas of strength and recognise developmental needs in addition to ensuring that they take pride in their achievements.

We endeavour to educate our children in the importance of physical activity, health and wellbeing and hope, through exploration, that they will develop new interest and talents that they will continue beyond their experience at Southway.



Implement

At Southway Junior School, we implement and deliver an engaging and inclusive PE curriculum which inspires children to thrive and succeed in physical activity. Every child takes part in two hours of PE a week, including one indoor and one outdoor session. Across the school, we ensure that children are exposed to a variety of different sports, whilst also having a progression of skills.

Children at Southway have extensive opportunities to take part in physical activity included in their daily learning. Our inside-out approach to teaching enables children to be active regularly across the curriculum, applying a hands-on approach to the curriculum. We also implement the 10-minute run, allowing children the opportunity to be active outside of structured PE lessons.

As a school, we provide an extensive range of opportunities of children from all ages to engage in extra-curricular activities, both during and after school. Clubs are run by both staff and external companies throughout the school year, allowing children to experience and practise skills in a variety of different sports. In addition to this, Southway regularly takes part in both competitive and non-competitive sporting events across Mid-Sussex.



Impact

At Southway Junior School, every child has the opportunity to participate in physical activity everyday. Through twice weekly PE lessons, children are able to develop and apply their skills across a variety of sports. Children have become more aware of their areas of development as a result of staff delivering PE lessons confidently, using knowledge from ongoing CPD sessions. Many opportunities are provided for children to take part in various competitive and non-competitive sporting events across the academic year. They take great pride in representing the school, and whole school celebrations have encouraged further participation in sport, raising the profile of physical activity and passion to take part in physical activity outside of school. Teacher's end of unit assessments demonstrate children's progress which is placed on a whole-school summative assessment tracker.



ENGAGE IN COMPETITIONS
Some annual examples of competing opportunities at Southway Junior:


- Sports Day
- Interhouse sports competition
- Sports Crew
- Mid Sussex Active tournaments
- Crawley Football town tournaments
- Southway Fun Run
- Teacher led clubs (e.g. netball and football)
- Children versus the Teachers

HEALTHY, ACTIVE LIFESTYLE
Some examples of the ways Southway promotes a healthy, active lifestyle in addition to timetabled P.E. sessions:

- Weekly time trials (all children run for 10 minutes at least once a week similar to 'the 10minute mile')
- Sports Mark – going for gold
- Healthy Schools member
- Eco Schools award – going for gold...
- Teacher run clubs (e.g. netball, football, tag rugby, cross country etc.) (Updated on http://www.southwayjunior.co.uk/website/clubs_1/61002)
- Externally run clubs (e.g. Fencing, football, dance, archery, meditation etc.) (Updated on http://www.southwayjunior.co.uk/website/clubs_1/61002)

SPORTS MARK
The School Games Mark is a government led awards scheme to reward schools for their commitment to the development of competition across their school and into the community. Participating in this process allows us to evaluate our PE provision, assisting development of action plans for future progress.

Southway are delighted to have achieved the silver medal, demonstrating our dedication towards competitive sport and instilling healthy lifestyles for our children.



Southway's Values



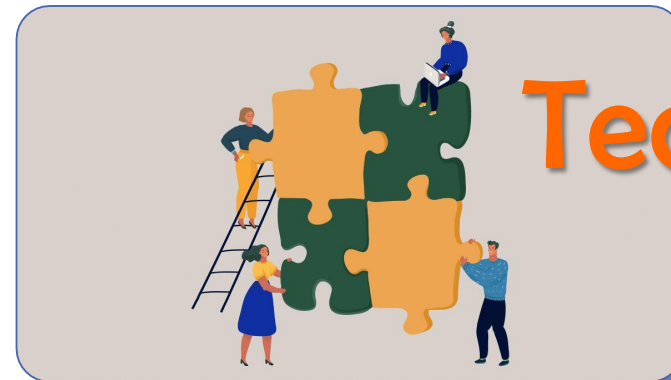
Kindness



Respect



Resilience



Teamwork

Curriculum Overview



A high-quality physical education curriculum inspires all pupils to **succeed and excel in competitive sport** and other **physically-demanding** activities. It should provide opportunities for pupils to become **physically confident** in a way which supports their **health and fitness**. Opportunities to **compete** in sport and other activities **build character** and help to embed values such as **fairness** and **respect**.

Year group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 3	Gymnastics Invasion Games	Gymnastics Football	Dance Orienteering	Dance Handball	Swimming Athletics	Swimming Striking & Fielding
Year 4	Dance Netball	Gymnastics Invasion games	Dance Tag Rugby	Gymnastics Hockey	Swimming Athletics	Swimming Striking & Fielding
Year 5	Dance Tennis	Gymnastics Invasion games	Dance Netball	Gymnastics Orienteering	Swimming Athletics	Swimming Striking & Fielding
Year 6	Dance Netball	Gymnastics Invasion Games	Gymnastics Hockey	Dance Tag rugby	Swimming Athletics	Swimming Striking & Fielding

STANDARDS IN YEAR 3



STANDARDS IN YEAR 4



STANDARDS IN YEAR 5



STANDARDS IN YEAR 6



Pupil Voice



I enjoy PE as we get to do a variety of different sports with lots of space



My favourite part of PE is when we play lots of small games that help us improve our skills



PE is great as it makes you feel full of energy and it's really fun!

Enrichment Opportunities

- Sports Day
- Interhouse sports competition
- Sports Crew
- Mid Sussex Active tournaments
- Southway Elf Run
- Teacher led clubs (e.g. netball and football)
- Outdoor pursuits activities
- Residential trips



SPORTS DAY!



OUTDOOR ADVENTUROUS ACTIVITIES

