



Sandwich Junior School



Physical Education

Mission Statement

P.E. at Sandwich Junior School is a highly valued subject, not only important in enabling pupils to become physically confident and support their health and fitness, but also playing a vital role in keeping children energised and focused for their learning throughout the school day.

Our pupils are passionate about being involved in a wide range of sports and competitive activities, therefore we strive to provide a wide range of character-building sporting opportunities which are physically demanding, as well as embedding an understanding of values, such as integrity, honesty, fairness and respect – all part of being part of the Wolf Pack **community**.

Our regular P.E. lessons, as well as active methods of learning throughout the school curriculum, are delivered with enthusiasm to build confidence, team spirit and competence to excel in a broad range of physical activities for every pupil at SJS. We promote **resilience** at all times within physical activity and are always encouraging of those who are less active, in order to build confidence and ensure equality for all. It is understood that pupils hail from **diverse backgrounds and upbringings**, offering differing opportunities for physical activity, which makes it a vital challenge for our school to ensure that all pupils are equally able to experience, learn about and compete within a wide range of sports and activities.

Curriculum

Every year group receives at least 2 hours of P.E. lessons within a week, as well as a minimum of 30 minutes of physically active learning on any school day. Lessons are designed to progress from year to year, building on previously learnt skills and moving ability and understanding forward at every stage.

Key skills, such as running, jumping, throwing and catching are continually practiced and honed, whilst attacking and defending skills for competitive games are taught to allow children to enjoy communicating, collaborating and competing with each other. Pupils develop their flexibility, strength, technique, control and balance through gymnastics, dance and athletics, with pupils developing a passion for creating sequences and patterns of movements and being challenged to continually better themselves.

We also encourage pupils to be self-reflective, whilst observing others in order to develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Everyday Physical Activity

We are devoted to keeping our pupils on the go – it is so important for keeping the bodies and the minds active. Therefore, we have regular physical activities within our learning, or between learning sessions.

All classes use online '5-a-day' routines to enliven and focus the children – this requires children to focus upon and learn dance sequences in 5 minute bursts, as well as keeping them moving.

Pupils are given regular 'brain breaks' throughout the day, in which they play an active game or run laps of the playground or field to get the blood pumping to all parts of their bodies – especially their brain.

Teachers are dedicated to encouraging pupils to move around the classroom as part of their lessons, collecting information from different sources, interacting with other children and expressing themselves in a variety of physical forms to achieve success in their learning.

Trying Something New

Pupils at Sandwich Junior School are extremely lucky to have the opportunity to experience a wide range of sporting activities, which they may not have already had a chance to try. Over the last few years, the school has been visited by professional operators, delivering on-site climbing walls, caving tunnels, Quidditch (inspired by Harry Potter), trampoline fitness, yoga, circus skills, fencing, as well as dance lessons provided by West End performers. We have also been lucky enough on many occasions to be able to take the entire school to an ice-skating rink, where pupils loved helping each other to learn to skate together.

Yoga

Pupils at SJS benefit from regular professionally delivered yoga workshops by a specialist instructor, allowing the children to learn about this wonderful method of fitness and relaxation. In these sessions, children have access to a yoga mat and thrive in taking part in a wide range of positions, from 'downward dog' to 'tree pose' and many more, which help them to stretch and relax muscles, find inner peace and focus their minds.

Sports Days

The annual Sports Days at SJS are fantastic opportunities for children to compete against each other across a wide range of athletic events, gaining points for their houses and giving pupils a chance to cheer for their peers and show positive support for each other. Over the course of two mornings, pupils take part in 'Potted Sports' and 'Field Events'. Potted Sports are team-based challenges, which encourage solidarity and cooperation between members, whilst the Field Events are individual races and throwing competitions, which call upon the children's physical skills and determination to succeed, as well as their sense of fun and enjoyment. At the end of the day, it is not just about winning events, but about enjoying taking part in sport and being proud of their achievements, no matter the outcome.

Competitive Events

At Sandwich Junior School, we adore the opportunity to allow pupils to compete in events along with other schools in their **local community**, enabling children to play against and alongside new faces. We are lucky to be able to work with Dover School Games, who provide many sporting events, as well as having ties with Ash Rugby Club and many other schools in the nearby area who operate workshops and competitions. Children regularly involve themselves in competitions in football, rugby, basketball, athletics, hockey, tennis and much more, enjoying great success, but more importantly having a lot of fun! Our children are always eager to take part in these challenges and relish the opportunity to represent their school – always proving themselves to have wonderful sporting attitudes and giving their all to make their friends, teachers and parents proud of them.

Grounds and Equipment

Here at SJS, we are extremely lucky to have a vast field area for children to be as physically active as possible, with a cricket strip and sets of goal-posts, as well as seasonally marked out running tracks and rounders pitches to enable pupils to play a wide range of competitive sports. Our two large playgrounds are also equipped with markings for basketball, netball, football and tennis, with basketball and netball hoops. There are also markings for outside and active learning in other subjects as well. We have a well-stocked play-shed, with equipment for children to enjoy active playtimes, with balls, tennis rackets, hula-hoops and much more. Our stock of P.E. equipment is well-resourced, with all equipment necessary for teaching a full range of competitive and individual sports.

Play Leaders

Sandwich Junior School pupils adore staying active and make the most of their play time and our enthusiastic Play Leaders strive to promote this value, taking on the responsibility of running energetic outdoor activities during their lunch times. Their role is to encourage all pupils into spending their free time productively in fun and active games, building up confidence and belief in themselves.

The responsibility of Play Leader helps to develop a sense of responsibility in our volunteers, as well as representing a wonderful example of how to contribute to the Wolf Pack **community**. Pupils who take on this role learn an ability to guide and support others, as well as building up communication skills and an understanding of how to work with their peers to coordinate and organise their activities.

END POINTS

By the time pupils have reached the end of the Key Stage they will be fully prepared to engage with the Key Stage 3 Physical Education Curriculum:

- Pupils will be physically confident in a way that supports their health and fitness.
- They will understand how to compete in sport with strong values of fairness and respect.
- Pupils will be able to stay physically active for sustained periods of time.
- They will have developed competence to excel in a broad range of physical activities, engage in competitive sports and activities and lead active, healthy lives.
- Pupils will be able to link physical skills to make actions and sequences of movement.
- They will enjoy communicating and collaborating with each other in order to be successful in their chosen sport.
- Pupils will have an understanding of how to improve in different physical activities, showing an ability to evaluate and recognise their own success.
- They will be able to show ability at running, jumping, throwing and catching in isolation or combination.
- Pupils will be able to take part in and play competitive games: football, rugby, hockey, basketball, netball, tennis, cricket and rounders.
- They will have developed flexibility, strength, technique, control and balance in activities, such as those involved in gymnastics and athletics.
- Pupils will be able to perform dance routines, using a range of movement patterns.
- They will be able to take part in outdoor activities, such as orienteering, individually or as part of a team.
- Pupils will be able to compare their performances with previous ones and demonstrate improvement to achieve their personal best.
- They will be able to swim with confidence and proficiency over a distance of 25m.
- Pupils will be able to use a range of strokes effectively: front crawl, backstroke and breaststroke.
- They will be able to perform self-rescue in different water-based situations.