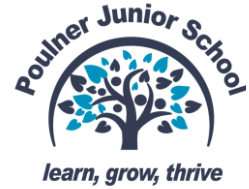


Poulner Junior School Physical Education



Intent

At Poulner Junior School, we aim to create a culture which inspires children to be active and enjoy all aspects of the Physical Education curriculum. We provide a safe and supportive environment for children to develop their transferrable skills through a wide range of physical activities whilst finding a sport they love. We are dedicated to supporting their physical, emotional, spiritual, social and moral development and embed this through our whole school Vision to Learn, Grow and Thrive.

We encourage all children to actively participate and enjoy competitive sport, enabling them to develop a sense of teamwork and competitive spirit. This is offered through a varied and stimulating program of activities to ensure that all children progress physically through an inspirational, unique and fully inclusive PE curriculum.

We encourage all children to develop their understanding of agility, balance and co-ordination through our Real PE and Real Gym programmes. They explore ways in which they can use their body, equipment and apparatus safely yet imaginatively to achieve personal goals. All children are given opportunities to enjoy being physically active, maintain healthy lifestyles using the medium of sport to increase their self-esteem. We aim for children to adopt a positive mind-set and believe that anything can be achieved with perseverance and resilience.

The aim of PE is to promote being active and adopt healthy lifestyles. Being active will be embedded throughout school life and promoted through opportunities such as daily activity breaks, active playtimes, sports leaders and whole school events.

We provide opportunities for children to learn how to stay safe and provide swimming lessons in year 3 and this continues until children have become confident in the water, know how to keep safe and also meet the National Curriculum requirements of swimming 25m by the end of Year 6.

Our PE Curriculum, along with our Jigsaw PSHE programme, Thrive approach and science, teaches children about the importance of healthy living and learning about the need for good nutrition. At PJS we aim for children to develop the necessary knowledge and skills which will have a positive impact on their future by becoming physically active citizens to benefit their long-term health and well-being.

Implementation

At PJS, our PE curriculum is varied and our newly developed long-term overview and medium-term plans ensure that we meet the requirements of the National Curriculum. All pupils receive at least two hours of high quality PE using our vast outside space and sizable school hall. All children have a weekly PE lesson with their class teacher, delivered through our Real PE or Real gym programmes. They also have a weekly session with a qualified coach where they learn the skills of invasion games and how to apply these skills competitively in game situations.

Our PE curriculum was developed to ensure progression of knowledge and skills throughout their time at PJS, thus enabling children to build upon prior experiences and apply these fluently, with confidence. Children also have the opportunity to further these skills as we provide a wide range of after school sports clubs. Links are made within the community, and outside clubs run within the school enabling our pupils to have a broader experience of activities. At PJS we continue to evaluate our club provision and adapt it based on children's interests and new initiatives.

Inter and intra sports competitions are a particular strength of the school. Inter-school competitions run each half term for all year groups. Children are encouraged to 'have a go' and we promote positive experiences of being physically active and not always participating to win. We provide an inclusive approach and value the importance of the pupils' physical and mental well-being. We enter a number of intra-school festivals through the New Forest Schools Partnership where the children can try a number of different sports and activities without a competitive focus. We offer these to all pupils with a focus on inclusion of our SEND pupils and this has increased our whole school participation over the past 2 years.

In all year groups, children have the opportunity to go on a residential trip for outdoor activities. Our year 3's have an overnight stay at Blunts Barn where they participate in activities such as archery, zip wire, boat building, wide games and teamwork games. In year 4 the children visit Hook Court which has a historical focus. In year 5 they experience a Forest adventure where they learn orienteering, team building and map reading over 3 days and 2 nights. Finally, our year 6's visit Osmington Bay for a week and enjoy a wide range of outdoor adventurous activities.

At PJS we believe Physical Education is fundamental in developing healthy lifestyles and physical well-being. Therefore we provide a wide range of opportunities to develop this and sporting skills outside of the normal curriculum time. Regular extra-curricular clubs are very popular and participation increases year on year. We offer a wide variety of sports, including: Gymnastics, girls and boys football, basketball, tennis, netball, Shake streetdance, cricket, rounders and athletics.

Playtimes are an important part of our pupils' well-being and enable them to expel energy and prepare them for the next lesson so they are ready to learn. We have a four-court playground, well-resourced play-time equipment trolley, a large sports field with a running track, long jump pit, rugby and football pitches, two adventure playgrounds, enclosed pond area and an outdoor 'Secret Garden' specifically designed for outdoor environmental learning.

To develop leadership and communication skills, children in Years 5 and 6 children can apply to become a Young Sports Leader, which is a responsible role in encouraging younger children to learn how to play collaborative games, respecting rules and to be as active as possible during playtimes. Children are selected if they demonstrate themselves as positive role-models for younger members of the school.

At Poulner we also encourage children to apply to become our Sports Council Leaders. They write their own speech explaining why they would be a great advocate for the role. This is then read to the whole school, during an assembly, and the children are encouraged to vote for the children who would take an active role and help to

develop sports and healthy life-styles across the whole school. They are also involved in our inter-school events throughout the year.

Soon, we will launch a whole school initiative which will involve daily running or walking to reach a whole school goal and help to meet the government target of all children being physically active for 60 minutes per day.

Impact

To fulfil our vision by inspiring the next generation, we aim to motivate children to participate in a variety of sports which are engaging, fun and delivered to the highest possible standard. We will teach children how to transfer and apply skills and knowledge, acquired during PE lessons, into a variety of competitive sports. We will encourage them to take responsibility for their own health, fitness and well-being linked to our whole school Thrive approach thus developing a love of sport leading to a happy and healthy life where we learn, grow and thrive.