

## **PE Statement**

Physical education is a foundation subject within the National Curriculum.

At Ashfield Junior School we believe that a high quality PE curriculum should be an integral part of school life. We encourage pupils to enjoy a wide range of school sport and physical activities that will lead to a life long participation in sport, equipped with a full range of skills.

All pupils, regardless of their ability, are encouraged to participate in a varied PE curriculum. Our PE curriculum also allows pupils to learn about themselves, the importance of a healthy lifestyle, self-expression and concepts such as fair play and respect. It also contributes to the development of a range of important cognitive skills such as decision-making and analysis, and social skills such as teamwork and communication.

Within the school day we encourage learning in all aspects of the PE curriculum with two weekly planned lessons covering gymnastics, dance, athletics and Games based activities. Sports Plus coaches teach one PE session per class per week, and all pupils receive a second lesson with the staff of Ashfield Juniors. Swimming is on the curriculum for Year 4 pupils, with extra sessions for year 6 pupils to ensure they are competent swimmers of 25 metres and can perform self-rescue safely in different water-based situations.

Inter school competitions are encouraged for all pupils, they are able to experience different environments for such competitions. Some take place in our neighboring schools, some at the leisure centre, the local cricket club, our local bowling green club and the nearby fells and woodlands. We are proud to have reached the County Finals for the tennis this year with one team. Well done to them!

Intra school competition is also encouraged, and is demonstrated within year groups and classes during PE sessions and of course cumulating in our whole school sports day in the summer and School games.

Our pupils have had great personal and team success representing Ashfield Juniors at events such as the Kwik Cricket tournament, the TATA Kids of Steel Triathlon, West Cumbria Schools Orienteering, Gymnastics, Tennis, Cumbria FA Girls football, Quicksticks hockey and High 5 Netball.

After school clubs that have been offered this year are multi skills, street dance, girl's football, mixed hockey, gymnastics, rugby, taekwan-do, netball and football. They are on offer for all our pupils who are able to attend.

At Ashfield Juniors we have been pleased to see that the percentage of pupils who are classed as 'Pupil Premium' and joining clubs has risen by a significant number. The number of pupils attending clubs overall is increasing.

We encourage the celebration of our pupil's achievement outside school in the many sports that they participate. We have close links to clubs and encourage pupils to share their experiences in school and are often presented in whole school assemblies with awards they have won at their clubs.

This year we have celebrated pupils who have participated in The Great North Run, Taekwondo competitions in Scotland, Rugby League and Union, Swimming galas in the North West, Gymnastics and Dance competitions both locally and nationally. To name but a few....

Our Sports Leaders and Football Ambassadors are having specialist training with a coach to enable them to deliver excellent sessions with all children at break and lunchtimes.

We also run several lunch time PE sessions for pupils, twice a week we have a professional footballer who comes in to coach both boys and girls, our Sports Plus coaches also run lunch time activities, such as netball and football.

Play ground markings and equipment have recently been purchased to encourage team work and participation in activities, they are enjoyed by all pupils at playtimes and lunchtimes. We have both 'Young Leaders' and Lunchtime Supervisors as 'Play leaders' in the playground as well as a Change 4 Life club for the Year 3 children run by the Sports Leaders.

We try to raise the profile of sport both inside and outside school. We have regular clubs and competitions. We encourage the links to local clubs to further interest the pupils.