

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. This year open water swimming has been offered and introduced to the competent year 6 swimmers.

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.

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, Cumbria FA Girls football, Quicksticks hockey and High 5 Netball.

After school clubs that have been offered this year are multi skills, street dance, archery, netball, orienteering, drama and dance, tae-kwon-do, cricket and football. They are on offer for any pupils who are able to attend.

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.

New 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.