

PE Curriculum at St Andrew's Junior School

We want our children to be energetic, enthusiastic and excel in sport.

Our PE curriculum offers a wide variety of activities both in and out of curriculum time. Children learn that being active is fun and an essential part of a healthy lifestyle.

Throughout the school, children learn and explore basic movement skills through our REAL PE scheme which encourages establishing key skills of agility, balance and co-ordination through fun and exciting games. They develop and build on these abilities as they move through the school and leave Year 6 with fundamental movement skills required to play a wide range of sports in secondary education.

In lower key stage 2 in addition to their REAL PE lesson, they also have swimming in-built into the curriculum. Children in Year 3 attend weekly swimming lessons and Year 4 attend lessons for half the year at Brighthouse Sports Centre, where they are taught by trained instructors. The programme includes water confidence, safety and stroke technique.

In the upper key stage, pupils have one lesson led by qualified coaches which builds on those skills taught in the teacher led session to play team games. Pupils also access lessons in outdoor and adventurous activities such as the Year 6 residential to Robinwood.

During the summer months, all children have athletics lessons and learn the fundamentals of running, jumping and throwing events and are fortunate to be able to use the running track on the school field.

The school also runs a variety of afterschool clubs, which are led by local coaches or teachers. The clubs are interchanging from year-to-year in response to the wishes of the children. These include football, gymnastics, multi-sports, netball, dance and athletics.