

## PE: The Wray Common Way!

At Wray Common we recognise the importance that PE has on physical activity, health and wellbeing, as well as the educational achievement of children. We are committed to providing a motivational and inclusive PE curriculum that inspires our pupils to achieve their personal sporting goals. We do this through delivering an engaging and varied curriculum and through giving plenty of opportunities for the children to celebrate their success in games, gymnastics, dance and athletics.

Throughout our curriculum, children are taught skills which are transferable between PE units and year group learning. These skills are built upon year on year. At Wray Common, we have a specialist PE teacher who teaches every year group, at least once, throughout the year, as well as class teachers teaching PE. The curriculum is made up of games, which is broken down into throwing, catching and inventing games; invasion games; net, court and wall games and striking and fielding games. As well as Dance, Gymnastics, Athletics and Swimming. Children take part in PE twice a week. Where possible, we make links to the wider curriculum.



To promote a love of fitness and exercise for all, every teacher at Wray Common uses Jump Start Jonny Videos throughout the week as warm ups or brain breaks between lessons.

**KS1:** "Jumpstart Jonnys are so much fun, I always ask my parents if I can do it at home too!"

**KS2** "I love how energetic the music it, it makes me want to dance!"

### **Personal Goals**

To support our children making small steps to achieve their goals, each year group has a target linked to their topic where the children can measure and track their progress, such as: How long can you hold a toe touch balance for?



### **Swimming**

At Wray Common we are fortunate enough to have our own swimming pool where children are challenged and supported to swim at least 25 metres confidently by the time they leave Year 6. All children swim for three terms of the year.

### **Leading the Way**

Each year, a team of ten Year 6 children attend sports leadership training to arm them with the skills to be sports ambassadors at Wray Common. They do this by assisting teachers and running Physi- Fun sessions during PE lessons. In addition, every child in Year 6 leads an event at our KS1 sports day.

### **Competitions**

Throughout the year, the children have multiple opportunities to represent Wray Common through a variety of sporting activities including netball, football, gymnastics, hockey, athletics, cross country, swimming, Multi Skills and the Panathlon. Our annual sports days and swimming galas are a brilliant celebration of the children's sporting achievements.

