

PE: The Wray Common Way!

At Wray Common we strive to provide a motivational and inclusive PE curriculum that inspires our pupils to achieve their personal sporting goals. We understand the incredible positive impact that physical activity has on not only the children's progress in PE, but also on their physical and mental wellbeing. We support 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, athletics and swimming.

In Key Stage 1, children are taught the core skills needed for each PE topic and these are built upon each year. By Key Stage 2, the children apply these skills into their games and performances. They also have the opportunity to engage in Outdoor Adventurous Activities through orienteering at school and team building tasks during school trips. We are proud to have our own specialist PE teacher who expertly supports the children reaching their sporting goals throughout their journey at Wray Common. Every class has PE twice a week, experiencing a broad range of games (net, pitch, court, striking and fielding) as well as Dance, Gymnastics, Athletics and Swimming.



Year 6 applying their team building skills at PGL



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

Feedback from children:

KS1: *"Jumpstart Jonny's 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!"*



Swimming

At Wray Common, we guarantee that children will swim beyond the national expectations of 25 metres and develop life-saving skills by the time they leave Year 6. All children swim for three terms of the year.

Leading the Way

We guarantee that every child will hold a position of responsibility whilst at Wray Common. Our team of 12 Sports Crew use their leadership skills to enhance PE sessions through leading warm ups, small group sessions and providing effective feedback. In addition, every child in Year 6 delivers an event at our KS1 sports day.

Competitions



The children have multiple opportunities to represent Wray Common through a variety of sporting activities including netball, football, gymnastics, dance, 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. We have recently gained a Bronze School Games Mark and are working towards achieving a Gold Mark this year. This evidences our

commitment to developing our provision of a high quality PE curriculum.

