

### **Why is it important to teach PE?**

Physical Education (PE) is an integral part of every child's learning at North Road. We teach children to develop skills through a range of activities ensuring they are physically active for sustained periods of time. We encourage all children to engage in competitive sports and teach them how to lead healthy and active lives. We promote active learning across the curriculum and school day. As a school, we participate in the National School Games Award. We strive to provide all pupils with a range of sporting opportunities, external competitions and sporting festivals.

### **Events and learning opportunities**

- School Games inter-school competitions
- Small Schools Football Tournament
- Domino Alliance cross-school sporting competitions
- Year 6 Sports Leaders termly inter-house competitions
- South Gloucestershire Festival of Youth Dance
- Whole school inter-house Sports Day
- Iron Acton Parish Football Derby
- May-Day maypole dancing
- Walk-to-School initiative
- Year 5 and 6 Play Leaders to encourage active playtimes
- January whole school fitness month
- Family sponsored annual two-mile Welly Walk
- KLB School Cross Country Championship
- Colstons School Cross Country Championship
- South Gloucestershire Schools Swimming Gala

### **What does PE look like at North Road?**

Every child in Key Stage 1 and Key Stage 2 participates in two hours of designated PE lessons each week, along with additional Wake-up Shake Up and the Children's Mile. Early Years pupils take part in an hour and a half of designated PE lessons along with daily active learning opportunities, such as yoga and outdoor toys and scooters.

PE lessons include athletics, gymnastics, team games and dance. In Key Stage 2, children also take part in swimming lessons to ensure they can swim 25m using a range of strokes.

On their PE days, all pupils come to school in their PE uniforms so that they are ready to exercise throughout the day.

Priority Sports Coaching lead one designated PE lesson in school alongside the class teacher. They also run several after school clubs to help inspire and develop our children's physical well-being.

Each morning, active travel is encouraged and rewarded through the Walk to School initiative. Every Friday, the school leads a whole school Walking Bus.

### **What our children say....**

'Learning football in school has helped me with my team work skills.'

'I liked learning basketball because it improved my shooting skills.'

'I liked tag rugby because it taught me how to play a new game.'

'The Daily Mile is good as I love running. It is good exercise