

Subject on a Page: Physical Education

At Holmer Green Junior School, we aim to inspire all pupils to feel successful and confident in a range of physically demanding activities. We want them to experience competitive sport, providing opportunities for pupils to develop a love of sport and physical activity as well as understand the benefits for their wellbeing and mental health.

Intent: What do we aim to deliver?

Every class has two hours of PE per week. All classes now structure this time as one complete afternoon to ensure maximum active learning time. This two-hour session may be one complete lesson, or may be broken into two separate sessions which focus on different disciplines.

Promote and develop creative solutions to challenges within all areas of PE, including tactics, dance and gymnastic sequences.

Swimming is provided to all Year 5 children during the Autumn Term, so that they can build water confidence and develop key aquatic skills.

Provide the opportunity for all children to run, jump, throw and catch in a range of situations, becoming increasingly competent and confident.

Opportunities for intra-school and inter-house competitions, both competitive and non-competitive.

Develop a love of the subject for all staff and children, through CPD and team teaching.

Implementation: How do we aim to deliver this?



We aspire to provide all children with the opportunity to participate in extra-curricular sporting activities and aim to have at least one after school sporting club on offer for every child.

We are a member of the Holmer Green School Sports Partnership and each year group is given the opportunity to participate in twice-yearly sporting tournaments with other schools. There are a huge range of sports on offer through these partnerships, including handball, cricket, football, netball, gymnastics, rugby and athletics.

Staff have the opportunity to teach PE as part of a team, learning from an expert PE teacher and developing confidence and knowledge in a variety of sports.

We are part of netball and football intra-school leagues, which allow children to participate in competitive fixtures.

Linking in with the school's values, children are expected to and taught how to be good sportsmen and sports women. This occurs in both intra- and inter-school competitions alongside equal opportunities regardless of differences in race, culture, gender and disability.

Lessons are well-planned and resourced, enhanced by ample indoor and outdoor spaces.

Sports Councillors from every class meet regularly. They discuss and lead strategies to encourage and promote sport and good sportsmanship across the school.

Impact: How will we know when we have delivered it?



HGJS children will express enjoyment of the subject and enthusiasm during lessons. They will be fully engaged and can express how their skills and knowledge of the sport/physical activity have developed over the course of the lessons.

We offer annual in-school sports day style events and encourage parents to attend these where possible.

We assess children each term based on their progress in lessons, ensuring pupils are provided with extra support and challenge, where needed.

We teach PE through a wide variety of transferable skills sport/activity. We also carefully ensure all children have a secure knowledge of the benefits to both physical and mental health and wellbeing which can be provided through regular physical exercise.

All staff will show increased confidence, knowledge and skills when teaching PE and sport. Broader experience of a range of sports and activities will be offered to all pupils and children will increasingly participate in competitive sport.