

Curriculum newsletter 4: Physical Education

Why do we teach Physical Education?

At West Rise Junior School we believe that physical education is a vital and unique part of the curriculum. It develops children's knowledge, skills and understanding so that they can perform with increasing competence and confidence in a range of physical activities. Physical Education promotes an understanding in children of their bodies in action. It involves thinking, selecting and applying skills and promotes positive attitudes towards a healthy lifestyle thus enabling them to make informed choices about physical activity throughout their lives.

Each class has a minimum of 2 sessions of P.E. timetabled each week. The school strives to offer pupils opportunities for games and sports clubs outside of the curriculum either through the provision of after schools clubs or directing children to other organisations and clubs that provide out of hours coaching.

The school also offers opportunities for pupils to compete in both intra- (in school) and inter- (between schools) competitions. We feel competition is an element of life and should be experienced within school. Dealing with winning and losing can then take place in the context of a learning environment.

Uniform

For reasons of safety and hygiene, children need to be able to change for P.E. lessons.

Please note the PE Kit Uniform consists of:

- White T-shirt with West Rise logo
- Black shorts
- Plimsolls or trainers
- Hair tied back (Hair band)
- No Jewellery

Please ensure that all items are clearly labelled with your child's name.

(T-shirt, Shorts and P.E. Bag are available from the school)

Please remember that P.E. kits should remain in school from Monday to Friday, as although P.E. days are in place they may vary due to weather. A child who fails to have their P.E. kit in school for two lessons in a row will have a lunchtime detention.

Participation

All students are expected to participate in P.E. lessons; this includes swimming. Students who are not able to participate due to sickness or injury will require a note from the child's parents/guardian. Should this be a long term injury or ailment then a doctor's note or medical evidence will be required. If a student does not bring their P.E. kit, they will not be able to participate in the lesson. Instead they will observe the lesson and write a commentary on what was taught.

If you would like more details on P.E. at West Rise Junior School please come in and speak to Emma Timperley, our P.E. leader.