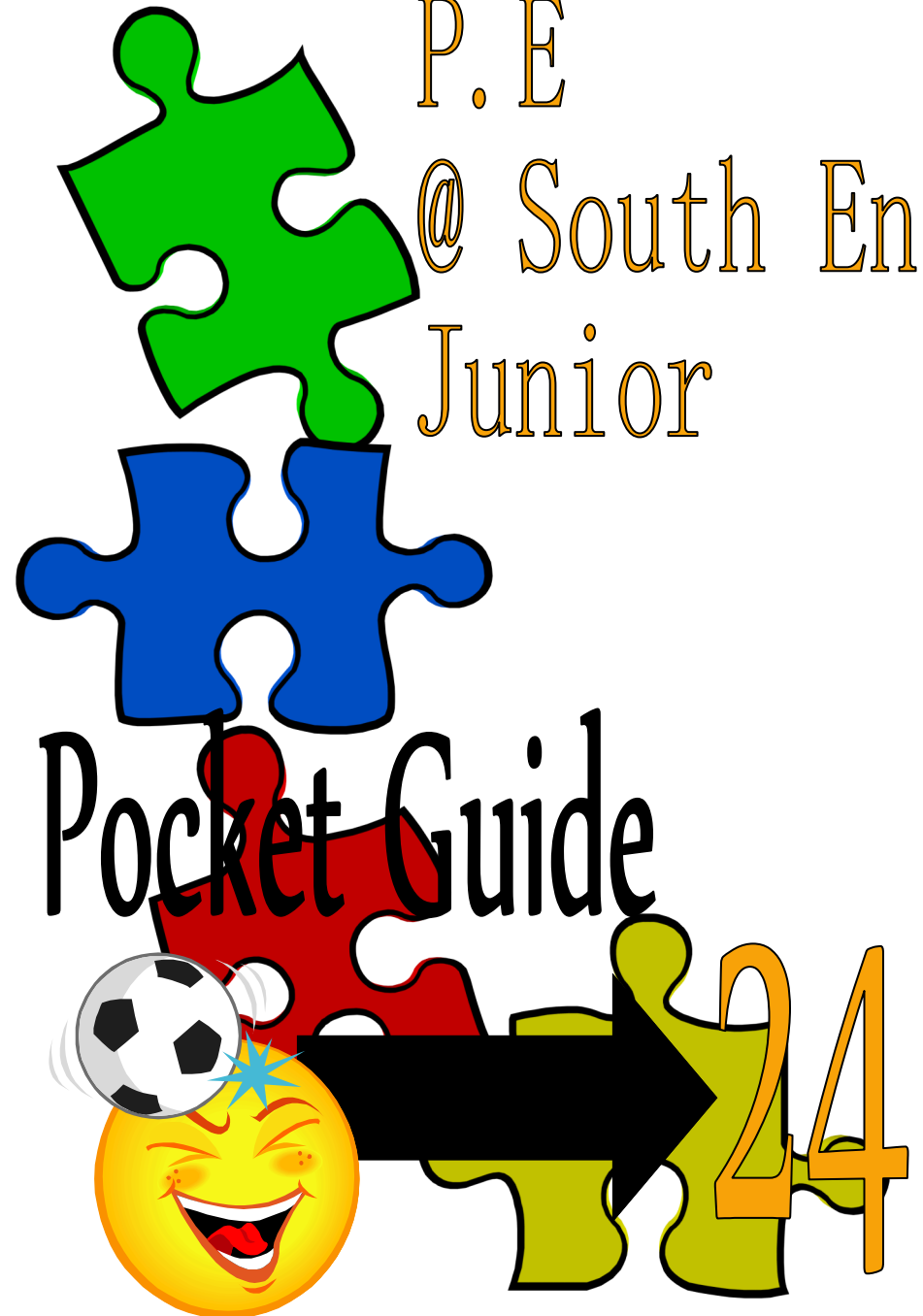


P.E
@ South End
Junior



Sports Events

We actively take part in a range of PE events throughout the academic year. These include:

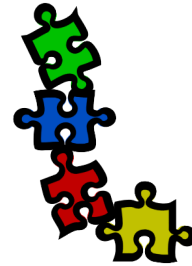
- Friendly football and netball matches against other schools
- Indoor and outdoor football and netball cluster tournaments
- Basketball tournaments
- District Sports for all years
- Swimming Galas for all years
- Cluster Sports Days
- Whole School Sports Day

We enter competitions run by our local cluster and also those which are run by Northants Sports.

The Golden Mile

We have recently launched The Golden Mile scheme at SEJ.

This challenges all pupils to complete 50 miles in a school year. These can be completed at break, lunchtimes or during PE lessons. Children can walk, hop, skip or run around our track.



PE Curriculum

Pupils have two hours of PE timetabled per week through in which we develop the six areas of activity as set out in the National Curriculum:

- **Outdoor and Adventurous activities**
- **Games**
- **Gymnastics**
- **Dance**
- **Athletics**
- **Swimming**

We offer all children the opportunity to swim and we aim for all pupils leaving the school to be able to swim at least 25m.

We are very fortunate to have a sports coach from Northants Sport who works alongside our teachers to help with the teaching and learning in one of our weekly PE sessions. She promotes physical and social skills within each session which is then adapted to other lessons throughout the week.



We are a
healthy
school!

PE Clubs

We offer a variety of extra-curricular PE clubs. These include:

- Basketball (paid)
- Football (paid)
- School football (upper and lower hub)
 - Netball
 - Dance
- Dodgeball (paid)
-

If you could offer an after-school sports club, we would be delighted to hear from you. Please contact the school.

PE Kit

All children should have the following items for PE in a small bag:

Plain white T-shirt

Black shorts

Black jogging bottoms

Black jumper or hoodie

Plimsolls and/or trainers

Please ensure their kits are in school every day.

Earrings

Under no circumstance are children allowed to wear earrings during any PE lessons, including after-school clubs. Tape is **not** allowed. We strongly advise you wait until the summer holidays to have your child's ears pierced.



We offer a variety of healthy hot and cold school dinners. Many of our children enjoy the variety and we regularly change the menu.

Swimming

All children will be having swimming lessons at the local Splash pool as part of their PE curriculum. They focus on a variety of skills and work towards different swimming levels. It does not matter how competent a swimmer your child is, they all participate in the lessons.

Healthy Schools

We have earned the Healthy Schools Award. We promote a healthy lifestyle where all children are encouraged to have a variety of fruit, vegetables and other healthy snacks during break time.