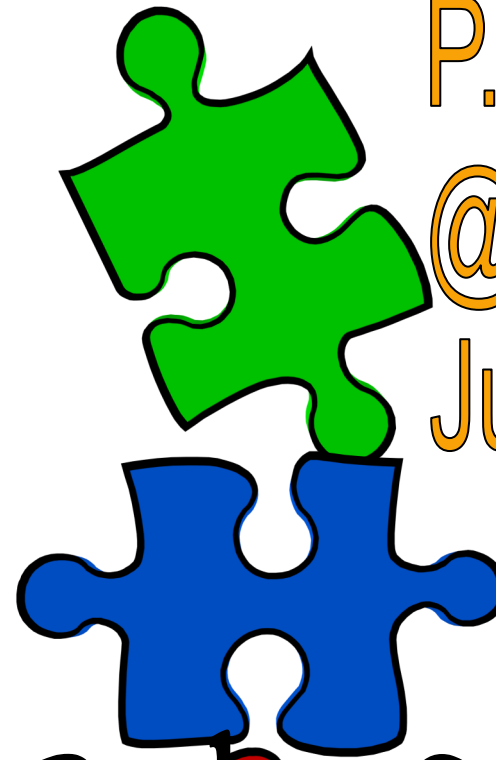
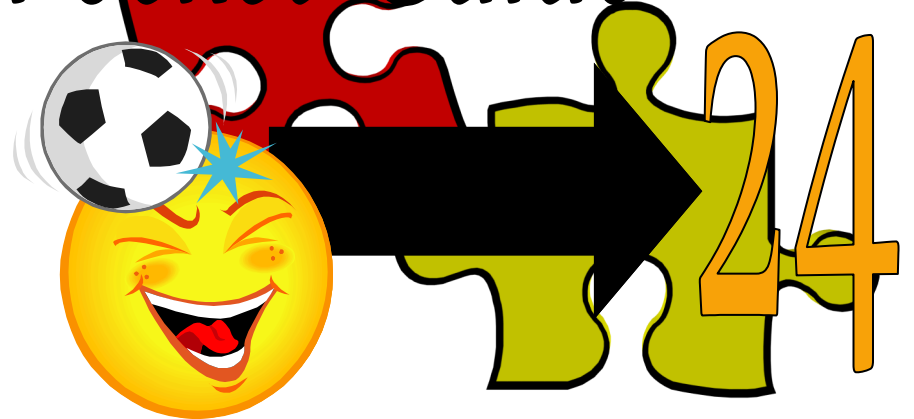


P.E

@ South End
Junior



Pocket Guide



Clubs & Sports

We actively encourage children to participate in sport, both within the school day, and as an extra curricular activity. We offer pre-school and after school sports clubs for children to participate in. Other provision include:

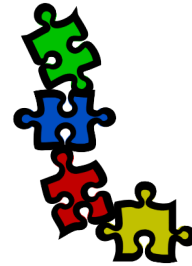
- Cluster competitions against other local (Rushden & Hgham) schools
- District Competitions against schools from Wellingborough & East Northants. With opportunities for further progression
- House & Class Competitions
- Swimming Galas for all years
- Cluster Sports Days
- Whole School Sports Day

The Golden Mile

The Golden Mile scheme has been introduced to every class 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 the playground.



PE Curriculum



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

- **Morning Personal Skills Development using Real PE**
- **Afternoon Sport Encompassing:**
 - **Striking and Fielding (EG Cricket)**
 - **Space Invasion Games (EG Basketball, Football, Tag Rugby)**
 - **Gymnastics & Dance**
 - **Athletics**
- **Swimming**

Each half term, a different year group attends swimming on a Thursday morning. Within this opportunity, we aim for all pupils by the end of Year6 to be able to swim at least 25m.



PE Clubs

We offer a variety of extra-curricular PE clubs at different times throughout the school year These include:

- Basketball (Upper & Lower Hub)
- Gymnastics (Upper & Lower Hub)
 - Tag Rugby
 - Football (Paid)
- School football (Upper & Lower Hub)
 - Netball (Upper & Lower Hub)
 - Street Dance (Paid)
 - School Strictly Come Dancing
 - Dodgeball (Paid)
 - Athletics
 - Cricket (Upper & Lower Hub)
 - Cross Country
 - Hockey (Upper & Lower Hub)

PE Kit

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

House white T-shirt

Black shorts

Black jogging bottoms

Black jumper or hoodie

Trainers

Warm Clothing for Winter

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.