

PE

Portway Junior School recognises the vital role of Physical Education (PE) in fostering physical and emotional development, as well as promoting good health in a safe and supportive environment. Our objective is to provide high-quality PE instruction that not only inspires children to excel in physical activities but also equips them with essential life skills. We are committed to teaching important safety skills, such as swimming, and emphasise the importance of teamwork, cooperation, and understanding fairness and equity in play. This approach is designed to instil life-long values. Our curriculum is tailored to enhance the well-being and fitness of all students at Portway, focusing not just on sporting skills but also on the fundamental values and disciplines that PE cultivates.

At Portway Junior School, PE is an engaging and challenging subject encompassing a variety of sports such as invasion games, net and wall games, striking and fielding games, gymnastics, dance, swimming, and outdoor adventure activities. We utilise the Primary PE Planning framework to guide our teaching, supplemented by cross-curricular Orienteering to enrich lessons across various subjects. Professional development is a priority; we conduct staff meetings and INSET days focused on PE, and collaborate with a local secondary school for additional workshops, benefiting both students and staff.

Students engage in two high-quality PE lessons weekly, covering different sports each half term. We encourage participation in diverse extracurricular activities and school sports clubs. Our inclusive approach fosters not just physical, but also mental well-being, teamwork, and leadership skills. Yearly, selected Year 5 and 6 students are trained as Play Leaders, while Sports Ambassadors, elected by their peers, act as role models and assist in school events like Sports Day. Various workshops throughout the year introduce sports like BMX, orienteering, tennis, and bikeability, further enhancing skill development and fitness. Year 5 students participate in weekly swimming lessons, with additional courses for those needing more support.

Our PE program at Portway Junior School is designed to foster a lifelong engagement with sports and fitness. Through our engaging and fun teaching methods, we motivate children to participate in a variety of sports. Our students learn to take responsibility for their health and fitness, with many developing a passion for competitive sports. We aim to equip our students not only with sports skills but also with a lasting love for sport and fitness, setting them on a path to lead healthy and fulfilling lives.