



- Key:**
- FMS
 - Social/affective
 - Health
 - Physical skills
 - Thinking skills
 - Mindfulness

Physical Activity Journey
 Designed in conjunction with the Creating Active Schools (CAS) framework; embedding activity at the heart of St James' CE ethos. #ActiveSchoolsFramework

- Primary PESSPA experiences empower pupils to:**
- Aspire to become 'Sports Leaders' and represent sports teams confidently throughout their time in high school.
 - Leave with increased physical literacy/knowledge of health and wellbeing and value the benefits of PESSPA, leading to lifelong participation.
 - Continue to lead motivated and active lifestyles inspired by experiences of PESSPA, selecting GCSE PE as an option to work towards FE and/or a career in the sector.
 - Be healthy, social, happy and active young people.

Inspirational Sporting Opportunities (ISO)
 Throughout their time at St James' CE Primary School, children will be given many opportunities to gain everlasting memories from inspirational sporting events and experiences. These are shown as ISO's on the PA journey below.

School Core Values:
 RESPECT
 RESILIENCE
 SELF-BELIEF
 ACTIVE & HEALTHY

RobinWood
 a really positive DIFFERENCE developing children
 Year 6 RobinWood
 Our Y5/6 children visit an adventure activity centre and stay in the historic castle. Accessing a bespoke programme of activities celebrating their personal development.

Year 5&6

Supermovers
 Children move with Supermovers using fun online resources. Movement and mindfulness to start each day.

Competitive Sports
 We continue to endeavour to encourage all our children to represent school in a sporting event. Inclusion events continue, catering for ALL children. We take part in all events and activities that our children benefit from. Our school clubs include: Football, Netball, Cricket, Athletics, Badminton and Basketball.

Bikeability
 Children are invited to take part in the Y5/6 scheme, designed to encourage children to bike to school. We aim for children to gain their Level 1/2 award, an important life skill.

MATHS ON THE MOVE
 Children continue to take part in Active Maths sessions throughout the Autumn term.

Year 4

Swimming
 Children in Years 4 go swimming. We endeavor to make sure ALL children leave our school being able to swim competently, confidently and proficiently over a distance of at least 25m using a range of strokes effectively and are able to perform safe self-rescue in different water-based situations; an important life skill.

St James' CE Primary School Core Values
 Our core values of RESPECT, RESILIENCE, SELF-BELIEF, ACTIVE & HEALTHY are at the heart of all we do. These core values are demonstrated by all of our children, in particular our KS2 children, who are now very familiar with them. Our 'Sports Council' from KS2 who work with designated groups from EYFS & KS1 at playtimes and lunchtimes promote these values.

Year 3

Wake up! Shake up!
 Children take part in wake & shake at any time of day. Helping to build confidence, alert learners and FMS.

Outdoor learning
 Practical experiences organised by Mrs Parkinson.

Clubs linked to FMS/Multisports
 Learners continue to achieve, develop and master FMS through FMS related activities and challenges as well as sport-specific skills delivered through multisport activities.

MATHS ON THE MOVE
 Children take part in Active Maths sessions throughout the Autumn term.

Yoga/Aerobics
 Children take part in yoga/aerobics using fun online resources. Movement and mindfulness each day.

Year 2

Yoga/Aerobics
 Children to part in yoga/aerobics using fun online resources. Movement and mindfulness each day.

Active Phonics
 Children take part in Active Maths and Active Phonics sessions. Our PAL approach continues across the curriculum using other excellent resources which our staff and children enjoy.

Outdoor learning
 Learners continue to achieve and develop through learning experiences in our outdoor garden.

Year 1

Yoga/Aerobics
 Children take part in yoga/aerobics using fun online resources. Movement and mindfulness each day.

Wake up! Shake up!
 KS1 children take part in wake & shake at any time of day. Helping to build confidence, alert learners and FMS.

Early Years Outdoor Learning
 All outdoor provision develops the whole child through the vehicle of physical activity. Making links to the Physical Development aspects of the EYFS framework, pupils access daily opportunities to develop gross and fine motor skills through activities such as construction, puddle jumping, messy play, invitations to learn (ITL's), learning through exploration, hook days, and learning walks to church.

EYFS

Year 3

Wake up! Shake up!
 Children take part in wake & shake at any time of day. Helping to build confidence, alert learners and FMS.

Outdoor learning
 Practical experiences organised by Mrs Parkinson.

Clubs linked to FMS/Multisports
 Learners continue to achieve, develop and master FMS through FMS related activities and challenges as well as sport-specific skills delivered through multisport activities.

MATHS ON THE MOVE
 Children take part in Active Maths sessions throughout the Autumn term.

Yoga/Aerobics
 Children take part in yoga/aerobics using fun online resources. Movement and mindfulness each day.

Year 2

Yoga/Aerobics
 Children to part in yoga/aerobics using fun online resources. Movement and mindfulness each day.

Active Phonics
 Children take part in Active Maths and Active Phonics sessions. Our PAL approach continues across the curriculum using other excellent resources which our staff and children enjoy.

Outdoor learning
 Learners continue to achieve and develop through learning experiences in our outdoor garden.

Year 1

Yoga/Aerobics
 Children take part in yoga/aerobics using fun online resources. Movement and mindfulness each day.

Wake up! Shake up!
 KS1 children take part in wake & shake at any time of day. Helping to build confidence, alert learners and FMS.

Early Years Outdoor Learning
 All outdoor provision develops the whole child through the vehicle of physical activity. Making links to the Physical Development aspects of the EYFS framework, pupils access daily opportunities to develop gross and fine motor skills through activities such as construction, puddle jumping, messy play, invitations to learn (ITL's), learning through exploration, hook days, and learning walks to church.

EYFS

Breakfast Club
 Every child has the opportunity to attend breakfast club. Children who do, begin the day with a healthy meal, are alert and ready to learn. Children have opportunities to socialise and wake & shake to start the day in a positive manner.

SCHOOL CLUBS
 On entry into EYFS and throughout school we embed a Physically Active Learning (PAL) approach into all medium-term planning across each key stage. This PAL approach starts here on entry into St James' CE Primary School. Children complete daily aerobics/yoga activities, teachers integrate an active PAL approach to phonics, structured free play and continuous provision and use educational resources such as Pobble 365 and How Press Play to bring the curriculum to life.