

# PE

The national curriculum for physical education aims to ensure that all pupils:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives.



By the end of each key stage, pupils are expected to know, apply and understand the matters, skills and processes specified in the relevant programme of study.

At Sandhurst, we ensure that all children have the opportunity to access physical activity. All classes have PE lessons timetabled to twice a week. Alongside this all classes participate in the 'Daily Mile', which involves running or walking a Mile once a day every day of the week. In addition, we offer a range of after school sports clubs available to all children including; football, tag rugby, cross country, netball, multi skills



## Sports Day

Sports day is a whole school event taking place over a whole day. Individual events take place in the morning including, running, jumping and throwing events. In the afternoon children are working in their teams in a round-robin event including multiple activities to try and gain the most points for their team. At the end of the day the team with the most points are the winners of Sports Day and the Sports Cup.

## School sports week

Sports week involves KS2 taking part in interhouse competitions including; rounders, bench ball and Kwik Cricket.

## Swimming

All schools must provide swimming instruction either in key stage 1 or key stage 2.

In particular, pupils should be taught to:

- swim competently, confidently and proficiently over a distance of at least 25 metres
- use a range of strokes effectively.
- perform safe self-rescue in different water-based situations.

At Sandhurst, we provide all children in Year 3 with swimming lessons taught by a qualified instructor from LAC Training. The lessons take place at Claremont Swimming Pool in Bodiam, once a week in terms 5 and 6. We ensure that all children make sufficient progress and achievements during their swimming lessons.



## SPRINT

In KS1 we have professional sports coaches from the company SPRINT. They teach lessons alongside the class teachers once a week for 4 terms, allowing teachers to upskill their knowledge and improve their standard of teaching.



### Competitions

Throughout the year, children are given the opportunity to represent the school and take part in a range sports competitions . All children are incredibly proud to wear the Sandhurst team kit and represent their school in competitions including, football tournaments, netball tournaments, cross country, rounders, Kwik Cricket, athletics and a Swimming Gala to name just a few. Not only do the children have fun, taking part in competitions allows them to develop their confidence and self-esteem and also experience the nature of sports at a competitive nature.



### Bikeability

In Year 6, the children have the opportunity to develop their cycling ability and develop the awareness, confidence and necessary safety skills to ride their bike on the main road. The children thoroughly enjoy riding their bikes around school and the village and are proud to share what they have achieved.



### Balanceability

This year we are introducing Balanceability to children in EYFS and Year 1. "Balanceability is the fundamental starting point for children's cycling and an excellent opportunity to promote active lifestyles at the earliest possible age."

A balance bike is a lightweight child's bike, without pedals, which facilitates balance and propulsion. Children run along whilst seated, push off the ground to create forward movement and use a combination of their feet- and hand-operated brake to slow and stop safely.

### Healthy School

Alongside all of the sports activities that are available to children, Sandhurst promotes a healthy lifestyle through food choices. We have a Healthy eating policy and provide children and parents with support and guidance on how to provide children with a healthy choices in their lunchbox. Our school dinner also promote healthy eating using menus and recipes that support children's diet. More information regarding the policy and guidance and support can be found on the school website.



SANDHURST  
— PRIMARY SCHOOL —

### Healthier Packed Lunches for Children

#### What you need to know

Eating well is important. Children need to eat well as it will give them energy and nutrients to grow and develop, be healthy and active.

A healthy, enjoyable lunch gives children the energy they need to learn and play at school.



Use the information in this leaflet to help make your child a healthier packed lunch. Please support the school's food policy by following these guidelines.