

Physical Education, Physical Activity and School Sport (PESSPA) at Droxford Junior School.

Through PESSPA at Droxford, we aim for all children to develop physically, socially, and psychologically and to best prepare them with the skills to live happy and healthy lives. A healthy school approach inspires children and allows them to understand and appreciate the importance of making healthy decisions.

All children access a minimum of two hours of Physical Education (PE) a week. The curriculum allows a steady progression of skills, knowledge and vocabulary, allowing children to strengthen and build on the fundamental skills developed during Key Stage 1.

In Year 3/4, the fundamentals of movement (agility, balance and coordination) are solidified and used as a foundation of their development. Units of multi-skills, invasion games, striking and fielding, athletics, OAA, dance and gymnastics allow children to use these fundamentals to explore new skills such as travel, object control and sending and receiving. During their time in 3/4, children also have access to swimming lessons. The lessons aim to allow every child to swim confidently, competently and proficiently over a distance of at least 25m and prepare them to self rescue in different water-based situations.

The progression of skills is continued in Year 5/6. Not only do their skills become more refined, children start to become effective in the way they execute skills. This stage of development is about combining skills together and decision making.

Throughout the whole of Key Stage 2, all children are exposed to appropriate levels of self and peer competition. Personal best challenges, festivals, sports day and inter-school competitions are all utilised to teach pupils the spirit of fair play, sportsmanship and respect. Pathways into school sport are available through school sports teams who participate in local and county competitions.

The curriculum allows children to find sports and activities that they enjoy, which can be explored further through lunch and after school clubs. Skills learnt during lessons are used to develop more sport-specific skills. A timetable with a variety of clubs is incredibly important.



Healthy Schools Week takes place in the summer term, a celebration of physical and mental health. The week consists of sports day along with various workshops which all focus on different aspects of health.

PESSPA is fed into other areas of the curriculum, trips and residential. A trip to Chichester University allows children to learn about further education and various career prospects. Residential such as Year 3 Camp, Calshot, Runways End and The Andrew Simpson Watersport Center allow children to build up skills such as independence and resilience by staying away from home. Residential experiences are hugely effective in helping the children to develop socially.

Active break times are organised using a Zoneparc philosophy, providing an area for quiet activities, active games and organised sports. This provision allows higher activity levels in a safe environment, whilst promoting the school's values such as respect, responsibility and kindness.

A Healthy Schools Newsletter is published every half term. The newsletter celebrates, promotes and informs parents of all PESSPA related news within the school.

We have held the Gold Sainsbury's School Game Kitemark since 2017. This is an accolade which recognises all the work we put into our PESSPA programme.