

P.E.
AND
HEALTHY
LIFESTYLES
AND
SPORT
ENRICHMENT
AT ST. JOHN'S



We offer a programme which:

- We believe is **UNIQUE** to our school

- Builds on children's established interests & enthusiasm for sport

- Is challenging and fun

- Extends opportunities & promotes healthy lifestyles

- Broadens horizons and 'opens up a world of possibilities'

- Helps pupils develop sporting interests in & beyond school,
now and for the future

**Develops team work & promotes self- discipline & positive
self-esteem**



“We all like to take part in sport.”

“We like competitive sport too.”

“Sport is for Everyone!”

“You can play it at your own level and if you excel ...
you can compete against others who excel too!”



If you have a gift – celebrate it!

We enjoy sport during the school day: rugby, football, cricket, table - tennis, swimming, cross - country, dance, hockey, gymnastics, netball, rounders and athletics.



We offer expert professional coaching.
We promote & enable good health & fitness



Our P.E. syllabus includes:



‘Festive sports hall challenge’ for KS1, led by our KS2 sports leaders



Weekly swimming lessons in our own pool



Cross-country ‘grit & determination!’

We learn lots about ourselves away from school too. Y5 and Y6 go on a school journey to Cornwall and Norfolk. We have fun and push ourselves to the limit!



We face challenges in the air, on the rock-face, on land and water. It can be scary at times but when you do things you thought were impossible you grow in confidence and self-esteem!

Y5 visit 'Adventure International,' Cornwall
Y6 visit 'The Kingswood Centre', Norfolk



We also do lots of unusual sports too. We call this our **'Sport Enrichment Programme.'** It was introduced in 2011.

Every class from Reception to Y6 have the chance to try something different! It is very exciting and can be very challenging – but that's why we do it!



In the last few years we have offered:

Reception Class – Yoga & Gymnastics

Y1 - Gymnastics & 'Multisports'

Y2 - Tae Kwondo & Boxing

Y3 - Street Dance, Trampolining & Archery

Y4 - Tennis

Y5 - Rock Climbing, Handball, Fencing, golf & Bowls

Y6 – Kayaking, bell-boating & Keep Fit

SPORT ENRICHMENT

Our sport enrichment activities are run by professional instructors.



“This is fun!”



“Whoops!”



Every year we like to introduce something new. This year it is Bowls for Y5 at Glebelands indoor bowls club, Finchley.



We love sport!

We love sport!

‘Any Sport!’



We love sport!

Exercise is good for you..

....so is teamwork



We love ALL sport!



And even when it rains on a games day.... we have fun indoors:



In our school 'rain never stops play!



.... And then there is the MUGA (Multi Use Games Area). Installed in 2017 using our government sports grant it cost £80,000 but it was worth every penny!



Our MUGA is used during the school day, at playtimes, for extra curricular activities and for after school club. Now we have it, we wonder how we ever managed without it!



Sport is fun at St. John's!



....for children **AND** grown-ups too!



Miss Mundy, Y5 class teacher

‘By the way, we have two mini buses which were funded by the PTFA and the Friern Barnet Trust. Without these buses much of our sport would not be possible





**Competitive Sport – Tennis at Ravens LTC,
Finchley and Athletics at Allianz Park, Copthall**



Racing on the MUGA



School Sports Day

‘Variety is the spice of life!’



We are so lucky to have our own pool



**Exercise is good for you.
You can exercise anywhere.**



Y3 Archery



Thank you for all the support we receive for our sports activities. Thank you to the PTFA who offer £2000 every year to fund our programme and who raised £10,000 for the MUGA. Thanks also to the Friern Barnet Educational Trust who donated £10,000 towards the MUGA . And thanks to the DfE for our annual sports grant; we saved this money for the installation of our MUGA. Without these funds our fabulous Sports Programme would not be possible.

