



Bramley Church of England Primary

Being Active at School

At Bramley Primary School, we firmly believe that an active body leads to a healthy mind. That's why we want our children to enjoy being physically active and encourage them to participate in sports. Our school aims are for our children to:

- * Develop the fundamentals for physical activity – agility, balance and coordination
- * To enjoy being active and taking part in physical activity
- * Provide many opportunities for physical activities

We use the Real PE scheme to guide our lessons in school to develop these core skills through team games, as well as gymnastics or dance themed lessons. Further up the school, once they are more adept at the fundamentals, they will learn to apply these skills to structured games such as netball, tag-rugby or basketball. We are proud of our school provision for PE not only to develop the children's ability to lead healthier lifestyles but also to understand the positive impact activity and playing with others can have.

We are also incredibly lucky that we can use our outdoor space to provide additional activities for our children as well as time in the open air! Not only do we have our huge field for PE lessons and lunchtimes, we have the clamber stack, Oliver's Garden, the playground and the mile run track – a time to get our hearts beating faster, get a little out of breath, have fun with our friends, and some time outside in the fresh air!

Competitive Sports in School

Within lessons, the children enjoy friendly competition in a range of games to develop their team work skills and apply the practical skill for that term. At the end of each half term, year groups then get together to increase the competition level in the House Games – where the same games are used but the children play in house teams to earn points.

Each half term, we award the Sports House Cup to the winning house!

Taking part in local competitions

Although the main leagues are often aimed at our older children, we also try to take part in as many other events for younger children as we can. We often have the Yr2 Skipping Competition, KS1 and Yr3/4 Gymnastics competition, Football festivals, Cross Country district event and Multi-Sports tournaments. The more children we can have representing our school, the better. 😊

Representing the School in Competitive Sports

Our school teams take part in many local and district leagues. Our Netball, Tag Rugby, girls' and boys' Football have competed well over the last few years, often making it to the district finals.

This year, we are changing how we organise our teams within school slightly. Previously, we ran trials and training after school, this can often exclude some children as they are unable to take part in after school clubs. The teachers leading the clubs will run some trials during PE lessons and during afternoon time in school to allow lots of children to have a go. Then there may be some in school training and some after school training where necessary.

We hope this will help us to broaden the scope of children having the opportunity to represent our school: develop their personal and sporting skills.

We also hope to arrange more friendlies between the collaboration this year to enable even more children to have the opportunity to represent the school.



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We are taking part in Walktober 2025!



As we head into autumn, it's important that we all keep active and where possible, get outdoors. To encourage this, the My Journey Team at Hampshire County Council has invited schools to celebrate International Walk to School Month by taking part in Walktober.

This event is designed to inspire pupils, families and staff to travel actively and sustainably throughout October.

We are hoping as many of our pupils, families and staff as possible travel actively throughout October by walking, wheeling, cycling, scooting, using Park and Stride or public transport to and from school and in their leisure time.

We want to hear about your active and sustainable journeys! Throughout October we will be inviting our pupils, staff and parents/carers to complete a **My Walktober Journey Report** and share stories of their

Walktober 2025 - Pupil Competition

Whether you and your child regularly walk, wheel, cycle, scoot, Park and Stride or take public/school transport - or you're planning to give it a try - by sharing the story of their journey, your child can enter the pupil competition and help support our school's entry too.

How it works:

- To enter the 'My Walktober Journey' pupil competition, your child should create a report about an active or sustainable journey. They will receive a pupil instruction sheet with information and ideas to include in their report.
- Journey reports could be a written account, poem or rap, voice recording, video, presentation, drawing, map, collage or any other creative idea they'd like to share. If you need a bit of inspiration, visit myjourneyhampshire.com/walktober to see some examples.
- If happy to, journey reports can be handed to a teacher or sent to the school office. We will share these alongside staff stories to help inspire others to swap a car journey for a more active, sustainable one.
- We would also love to hear from any parents and carers who have their own active journey stories to share. Perhaps you walk to school and then catch a bus to work or use a cargo bike for the weekly shop. Your experience could encourage others to give it a go.
- Once complete, visit myjourneyhampshire.com/walktober for competition entry details and the full terms and conditions. The competition closes on **Friday 7th November 2025** and winners will be notified by the end of term.
- If you need any assistance entering the competition, please ask if we have a Walktober pupil competition collection point available.

#Walktober
Please do share your
fun-filled Walktober
activities with us by
tagging #Walktober.

