

## PE, Health and School Sport - Report to the Governors - June 2016

### Teaching and Learning

The introduction of the Funs/Real PE scheme of work has supported the delivery of the PE curriculum, ensuring continuity and progression in the development of core skills -agility, balance and coordination, throughout KS1 and KS2.

Sports coaches have brought expertise and enthusiasm in Games, Gymnastics, Swimming and Dance, whilst providing continued CPD for teaching and non-teaching staff.

- Multi-skills and Games KS1 and KS2, KS1 after school club – Plymouth Argyle Community Trust
- Cricket Year 4 and Year 5, KS2 after school Club – ‘Chance to Shine Cricket’ (Cornwall Cricket Board)
- Tennis Year 3 and Year 6 - ‘Tennis Mad’ (Arena Partnership)
- Tag Rugby and Maths Year 4 - Exeter Community Chiefs
- Gymnastics KS1 and KS2 - ‘Zero Gravity Gymnastics’
- Dance KS1 and KS2 - Mrs Mann (Music and Dance Specialist Teacher)
- Swimming/Top Up Swimming Year 3, Year 5 and Year 6 - Swimming coaches from Phoenix Leisure Centre

The profile of PE continues to be raised at St Catherine’s. Pupils are responding positively to the opportunities provided through the PE curriculum, coached lessons, after school sport and competition. Lesson observations and learning walks have shown pupils are engaged, motivated and making good progress in developing their skills, knowledge and understanding of physical activity and sport.

‘In gymnastics with Mrs Gill I learnt how to do strong shapes and balances so that I don’t wobble.’  
Charlotte, Year 2

‘I can swim five lengths and dive into the deep end.’ Rhys, Year 6 (Top Up Swimming).

‘I have enjoyed rugby with Aaron (Exeter Chiefs) because it’s competitive and you learn to work as a team.’ Anna, Year 4

‘Alfie really liked cricket with Matt and has joined Launceston Cricket Club. There are four of them now who go to the club on Friday evenings.’ Year 5 parent.

## **Swimming**

Year 3 and Year 5 pupils have received a ten week block of swimming lessons. Pupils in Year 5 and Year 6 who were unable to swim 25 metres have received an additional block of five 'Top Up' lessons in the Summer Term.

- Year 3 - 100% of pupils are able to confidently enter the water. 60% of pupils are able to swim unaided.
- Year 5 – 93% of pupils are able to swim unaided. 81% of pupils are able to swim at least 25 metres unaided.
- Year 6 - 94% of pupils are able to swim at least 25metres unaided.

## **Health**

Pupils at St Catherine's are made aware of the benefits of living healthy and active lifestyles. Pupils are able to describe why being active and eating a balanced diet is important for their health and well-being. Cross-curricular links are made through our Science Topics, for example, Year 2 pupils set up a Smoothie Café and Year 5 pupils have learnt 'How are body responds to exercise'. All pupils have participated in Chartwells Food Events, which have encourages pupils to make healthy food choices. 'Healthy pledges' have been placed on the 'Pledge Tree'. Healthy and Active Lifestyle self and teacher assessments have taken place throughout the school. The Healthy Schools Award will focus on emotional and mental well-being and how we feel after we have been physically active.

Pupils are actively encouraged to take part in after school sport. Mrs Warner has held an Active Club for pupils in Year 3 and 4 who would not normally participate in after school sport. 'Chance to Shine' Cricket Club has attracted many pupils who have not attended other sports clubs. All Year 5 and 6 pupils are given the opportunity to take part in Bikeability lessons, which has encouraged and enabled pupils to cycle safely outside of school. The Year 5 Outdoor and Adventurous Activities Week has introduced pupils to the alternative and extreme sports of orienteering, cycling, surfing, rock climbing, skating and canoeing.

## **School Sport**

102 pupils have attended after school clubs

Cross Country Club – Years 3 to Year 6

Netball Club - Year 5 and Year 6

Plymouth Argyle Football Club - Year 2 to Year 5

Chance to Shine Cricket Club - Year 5 and Year 6

Active Club - Year 3 and Year 4

Multi-skills Club - Year 1 and Year 2

Football Club - Year 4, Year 5 and Year 6

Girls Football Club – Year 5 and Year 6

### **Competition**

Pupils across both Key Stages have taken part in tournaments, competitions and festivals held at Launceston College. It has given pupils opportunities to compete against and play alongside pupils from other local school. Sports included are; Orienteering, Hockey, Volleyball, Badminton, Multi-skills, High 5 Netball, Tag Rugby, Tennis, Athletics, Kwik Cricket and Rounders.

The Football and Netball teams have played matches in the LAPS leagues. The Netball Team came 2<sup>nd</sup> in the LAPS High 5 tournament and qualified for the North Cornwall Finals. The Cross Country team took part in the LAPS Cross Country Race at Warbstow School. The Year 5 and 6 Boys Team finished in 3<sup>rd</sup> place and one member of their team finished 2<sup>nd</sup> overall. Year 4 pupils came 4<sup>th</sup> in a rugby tournament held at Okehampton by Exeter Community Chiefs.

### **Year 5 Playground Leader Training**

Year 5 pupils have received training from ARENA to become Playground Leaders and will be given opportunities to apply their skills in the Summer Term and the following academic year. Year 6 Sports Leaders have planned and organised an An Daras Trust Event for KS1 pupils and have supported Plymouth Argyle coaches with the KS1 Multi-skills Club.

### **CDP**

Termly PLT meetings -Jo Williams

‘Chance to Shine’ Cricket - All teaching Staff

Cornwall PE Conference Curriculum and Assessment - Jo Williams

‘Wild Tribe’ Learning Outdoors (Maths) – Liz Davy

Arena Swimming coaching – Caroline Penn and Tracy Gillespie

**PE Funding 2015-2016 (approximate)**

Arena SLA Membership	£525
'Tennis Mad' (Arena bolt-on package)	£350
Launceston College Competitions and Festivals	£600
Plymouth Argyle Community Trust	£1800
Mo Gregory Zero Gymnastics	£1740
Janette Mann Dance Teacher	£900
Swimming Instructor	£500
'Chance to Shine' cricket	£150
Cricket equipment	£200
<b>TOTAL</b>	<b>£6765</b>