

Crosby-on-Eden School

Physical Education (PE)/After School Club (ASC) Learning Walk

Learning walks

Part 1 – After School Club - badminton

I attended week 5 of the badminton ASC which was run by Mrs Dinwoodie in the school hall. This was the final session before half term and was attended by 8 pupils of various year groups from KS2. The session took place immediately after a trip out to Bitts Park to open the new play area.

Despite using lots of energy up earlier in the afternoon the children were clearly very enthusiastic to get started. The equipment available was in good condition and the children set up the net themselves, showing good teamwork in doing so.

The 'slippery when wet signs' were in place in the hall when arriving for the session and Mrs Dinwoodie quickly took care of this to ensure the area was safe for the game to begin.

The children then separated into teams, boys and girls, and took positions on opposing sides of the net. Everyone seemed to appreciate the need to keep to their own space and there was good team spirit shown throughout.

Mrs Dinwoodie kept score which added a competitive element to the session and ensured everyone understood the basic way to score points. The children let me join in and alternate between the (ultimately victorious) girls and the boys teams. They were very well behaved and encouraged each other when possible. Reminders were given to the children about good sportsmanship whilst maintaining a competitive spirit.

It was evident that ASC's aren't really as structured as full PE lessons and the focus is on having fun and taking part in exercise whilst experiencing a new activity that they may not ordinarily be able to do. The ASC achieved all the aims as those who attended had a great time and by their own admission had progressed well in the 5 weeks. A couple of the children also expressed an interest in playing again in their own time which was great to hear.

All in all it was a pleasure to attend the ASC and witness how much enjoyment the children got out of the session.

Part 2 – PE lesson

TBA.....

C Carr (Parent Governor)

20 October 2016

Preparation for learning walk

Part 1 - Meeting with Lorraine Welsh (PE leader)

Lorraine kindly spent around 45 minutes outlining how PE plays an important role in the school. It was quite enlightening, even as a parent of a child at the school, to hear how much preparation and planning goes into PE.

A whole array of activities are undertaken with some recent ones including:

- CUFC football coaching;
- Carlisle Cricket Club coaching;
- Talkin Tarn & Lanercost cross-country;
- Tri-golf;
- Taekwondo;
- Netball;
- Athletics (indoor and outdoor);
- Hockey;
- Swimming;
- Tennis;
- Rounders;
- Trampolining;
- Gymnastics
- Sports festivals;

Some of the activities are open to KS1, some to KS 2 and some to select groups who express and interest. Whilst some activities aren't available to all it was interesting to hear that a matrix is maintained showing what activities each child at the school has taken part in to ensure all are encouraged and can partake in PE activities.

Each teacher prepares a curriculum map for their own class and has access to various material to fully support them. The Cambridgeshire Scheme of work looked a particularly good resource as well as other material on the staff shared drive (Robin). This material provides lesson plans/schemes of work/objectives for each sport. It was noted that there was nothing specific for badminton, the ASC that I attended.

Lorraine highlighted the different focus for KS1 and KS2. KS1 was related to basics such as throwing, catching, warming up, use of muscle groups whereas KS2 built on that knowledge with more competitive activities and an introduction to rules.

It was noted that when children visit sports events, such as multi sports events at William Howard School, the older children do express an interest in passing on the knowledge they have obtained to their peers. This is encouraged when they volunteer to do so.

Lorraine highlighted a shortage of funding to larger local schools was impacting on PE for the coming year, e.g. William Howard. Historically such schools have provided trained coaches who have been useful in educating children and teachers alike in a very cost effective way. Such resource are now having to be bought in from further afield and will not be available as extensively as previously.

Some children were noted as not being particularly interested in PE. For these children, other activities were undertaken to try to encourage participation. An example of such activities was Zumba.

It was noted that the Big Pedal will return to the school in 2017 as it wasn't possible in 2016 due to the impact of the flooding. An additional event provided by Active Cumbria is also planned. The 100 mile challenge will involve all children aiming to travel 100 miles each in the first 6 months of the year by a variety of means to again encourage a more active lifestyle.

Part 2 – Review of PE Policy

The policy was updated this month and outlines the aim of ensuring 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; and
- Lead healthy, active lives.

The policy bases KS1 and KS2 around the National Curriculum and specifically includes swimming and water safety for year 2 and 3 children to ensure they can reach the base level of competency.

The policy draws on cross-curricular links with Information Technology, literacy, numeracy, science, PSHE and citizenship, and social development. Extra-curricular activities are also noted in the policy to ensure children are given the opportunity to engage in a variety of activities from ASC's, lunchtime play, sports day to other events like Bikeability and the Big Pedal.

Part 3 – Review of Sports Premium Statement (latest available = 2014/15)

The school receives something in the order of £8,000 per annum in Sports Premium. An impact statement is published on the school website in around January for the previous year. As a result, the latest statement on the website is the 2014/15 one published in January 2016.

The impact statement includes lots of different uses of the funding which included (but isn't limited to):

- William Howard School providing personal development to teaching/non-teaching staff;
- An English Cricket Board workshop;
- Multi-skills club;
- Football coaching;
- Active playground equipment being available for playtimes (input also given by the school council in deciding what equipment is best);
- Attendance at local cluster group events for tri-golf, hockey, mini-tennis, athletics including transportation to these events;
- Affiliation fees, trophies and labelled tabbards were also paid for during the year for attendance at the cluster events;