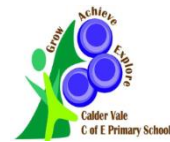


July 2015



Thank you to all the parents who responded to the P.E. questionnaire.

We were pleased that the result showed that on the whole parents were pleased with the overall P.E. provision in both schools.

In response to some of the comments made, it was clear that parents need to be better informed about the different units we cover in P.E. The New National Curriculum stipulates that specific skills need to be mastered by the end of KS2 and that Outdoor and Adventurous Activities needs to be taught in curriculum time within the school grounds so that all children are included and are able to take part, even if they are unable to go on a residential trip. Dance is also a compulsory element throughout both Key Stages. No specific “sport” or activity is advocated as long as pupils become proficient and master specific skills.

Both schools are members of the Garstang School Sports Partnership. This enables us to take part in tournaments and competitions against other primary schools throughout the year. We have taken part in 16 competitive tournaments this academic year (KS2). These tournaments are generally Hi 5 netball, football, tag rugby, table tennis, tennis, basketball and athletics. It is therefore, beneficial for the children to have some knowledge of these activities. But the results from a pupil questionnaire in Scorton last year highlighted pupils wanting to do “different” types of invasion games. This academic year we introduced Handball and Ultimate Frisbee, as they teach the children the required skills needed, but give them an opportunity to try a different sporting activity. Tag rugby, football, hockey and Hi 5 netball will always be part of our P.E, but these may be taught biannually as part of our two year rolling programme, OR as part of an after school club.

We are aware that not all children like all the activities we do in P.E, but we provide a broad and varied curriculum throughout the year. This year the following sports and activities have been used as the focus for our P.E skills:

Nicky Nook: Handball, Ultimate Frisbee, Hi 5 netball, dance, Outdoor and adventurous activities, tennis, Kwik cricket, athletics, tag rugby, hockey, gymnastics and swimming.

Grizedale: Handball, Ultimate Frisbee, Hi 5 netball, dance, outdoor and adventurous activities, tennis, Kwik cricket, athletics, swimming and gymnastics.

Bowland: throwing and catching skills, dance, outdoor and adventurous activities, tennis, athletic skills, gymnastics, bat and ball skills and swimming.

Calder Vale: Handball, Ultimate Frisbee, Hi 5 netball, dance, Outdoor and adventurous activities, tennis, Kwik cricket, athletics, and swimming.

This continues to build upon the range of activities and sports we provide in P.E. lessons. Our provision is grouped in in these areas which we cover each year, changing the activities on a rolling programme:

- Invasion games- *e.g. netball, tag rugby, ultimate Frisbee, handball, etc.*
- Net/Wall games: *tennis, badminton*
- Striking and fielding games *e.g. cricket /rounders*
- Outdoor and Adventurous Activities- *team building activities/orienteering*
- Dance- *movement and creating movement patterns*
- Gymnastics- *agility, balance and coordination, develop flexibility, strength, technique and control.*
- Athletics- *different throwing techniques, jumping skills, running skills.*

Different children will be more skilful in one area of P.E than in another, and invariably that activity will be their favourite. The National Curriculum requires us to cover all skills in order for all pupils to improve their skills and increase their confidence across all aspects of P.E. by the end of KS2.

Outdoor and Adventurous Activities was introduced for the first time this year and will always be part of our P.E unit from now on. This is new to the National Curriculum, and will mean that other units may have to miss a year as part of a rolling programme, so, for example, gymnastics was not taught at Calder Vale this year. But we comply with the National Curriculum and each skill that is required by schools to teach, are taught through a variety of activities. The only activities which are specifically mentioned by the NC are OAA, Dance and competitive games. Other areas are skills based and can therefore, be covered through a range of activities.

Rest assured, I teach all the skills that are required by the National Curriculum, on a rolling two year programme. Skills are repeated and improved upon throughout both key stages. iPads have been used to help the pupils film, evaluate and improve on their skills and techniques.

This year we have tried to secure some interesting extra -curricular clubs so that children are exposed to different forms of sport and physical activity. Calder Vale had the opportunity to join the Dance Club and pupils performed at the Winter Gardens in Blackpool. We offered a collaboration martial arts club, which was very popular, tennis at Calder Vale, rounders and football at Scorton. For younger pupils we focussed our extra- curricular activities to lunchtime clubs on a Friday and have included multi skills, table tennis, parachute games and athletic activities, cricket. It is our intention to offer further after school clubs next year.

We have tried to secure coaches for archery, fencing, basket ball and tri golf, but unfortunately our pupil numbers were too small and in some cases the costs too expensive, so they were unable to offer us a service. However, from the feedback from both the parent and pupil questionnaires, we will endeavour to provide a greater variety of after school clubs at both schools and for both Key Stages. Some of these clubs will be collaborative so as to secure coaches and to enable the children to have more effective coaching, using the skills they're learning and put them into practice by having a variety of children to play against/with.

There are many sporting clubs in our area that your children can get involved with if they have an interest in a particular type of sport. I have provided a few web links below, for a variety of activities in our local area.

If any parents have a sporting skill and would like to help run an after school club, *please* either fill in the slip below or come and see me.

Kind Regards

Liz O'Brien

Parental Help for Extra Curricular Activities

- I would like to help run an ASC at Scorton/Calder Vale
- The activity I would like to help coach is _____
- I do/ do not hold a coaching certificate in _____
- Name: _____ Signed: _____

Some Extra Curricular Activities in our Local Area:

Gymnastics: Nateby Gym: <http://www.garstangschoolofgymnastics.co.uk/>

Junior rugby, Garstang Rugby Club: <http://www.pitchero.com/clubs/garstangrufc/>

Lancaster University (lots of children's activities- climbing wall, swimming, trampolining, judo, short tennis) <http://www.lancaster.ac.uk/sport/sports-centre/>

Football- **girls and boys**: Red Rose Football Club, Preston 01772 704617

Swimming- Garstang: - <http://www.garstangasc.org.uk/>

Martial Arts -Activ8: <http://www.activ8selfdefence.com/>

Tennis – Garstang: <http://www.garstangtennis.org.uk/>

Table tennis club- Garstang: <http://www.garstangtt.co.uk/>

Badminton -Garstang:

http://www.playbadminton.co.uk/activity_finder.asp?itemid=33023&itemTitle=Garstang+Badminton+Club§ion=1208§ionTitle=Activity+Finder

Garstang school of Dance : <http://www.garstangschoolofdance.co.uk/>