

PE and Sport Impact Report

Positive Impact in PE (Skills) Lessons

- Previously: PE time set in 2 separate hourly slots per week-which whilst in some areas this was consistently taught, in others it was not.
2013/14: A timetabled full afternoon of PE per week for every class (split into a skills session and a separate Olympic Hour)-which is planned and taught consistently every week.
- Previously: Non-specialist PE teachers with varying knowledge and training in PE teaching a class of 30 children.
2013/14: The Sports Leader working alongside every class teacher to lead the lesson and up-skill teachers- and provide extra support for varying needs.
- Previously: Class teachers choosing elements from LCP files to teach at different times in the year.
2013/14: The Sports Leader created a medium-term plan for years 1-6 which allowed for all essential skills to be taught appropriately and in line with progression. The planning for PE was then developed using a range of resources and assessment was incorporated into the planning through a document that enabled Class Teachers and Sports Leader to work together effectively.
- Previously: PE lessons consisting mainly of Dance and Gymnastic activities and not necessarily season appropriate lessons.
2013/14: A wider range of sports and activities planned appropriately to meet skill progression-such as Hockey, Orienteering, Netball, Basic Skill lessons for throwing, catching, running etc for KS1.

Olympic Hour (A session based around 7 basic elements of fitness) for KS1 and KS2

- Key Stage One classes used a range of games and activities gained from the skill lessons or supplied by the Sports Leader to improve all areas of children's fitness.
- Key Stage Two completed an Olympic Hour which involved completing 7 fitness activities (Skipping, Speed Bouncing, Standing Long Jump, Javelin throwing, Balancing, Sprinting and Long Distance Running) weekly. The children used their own Olympic Hour Score Booklets to assess their own fitness development and manage their own progress.
- The Olympic Hour booklets have shown the improvements in fitness shown in the graphs below:

Figure 1: Year 3 Averages

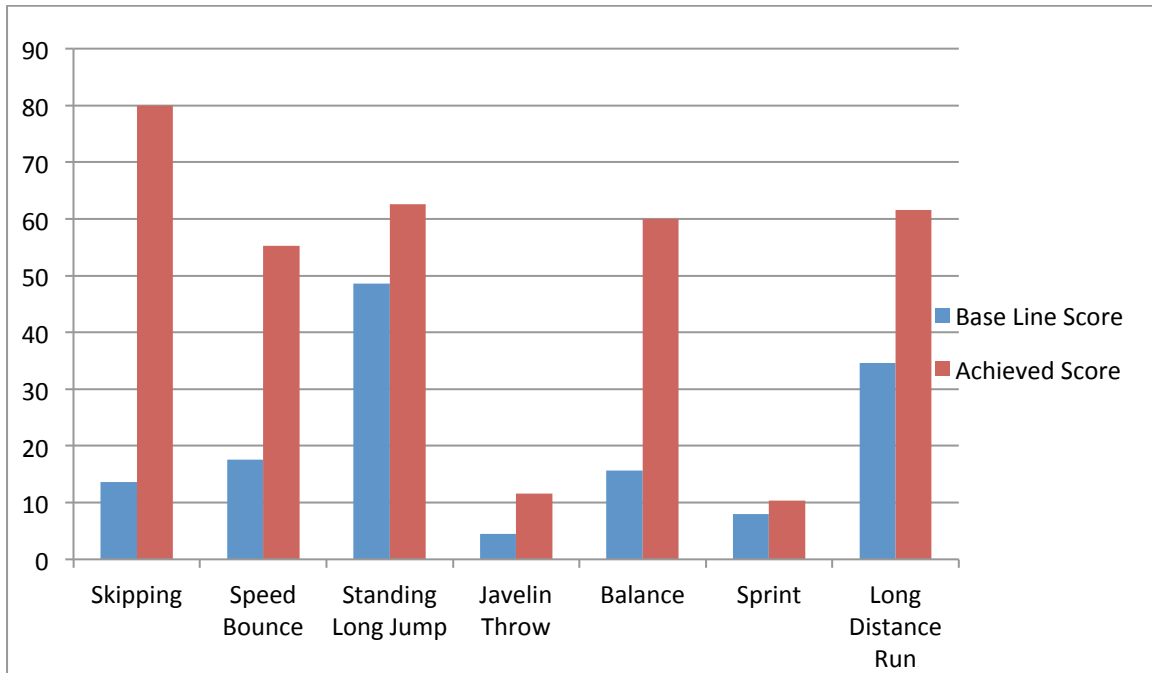


Figure 2: Year 4 Averages

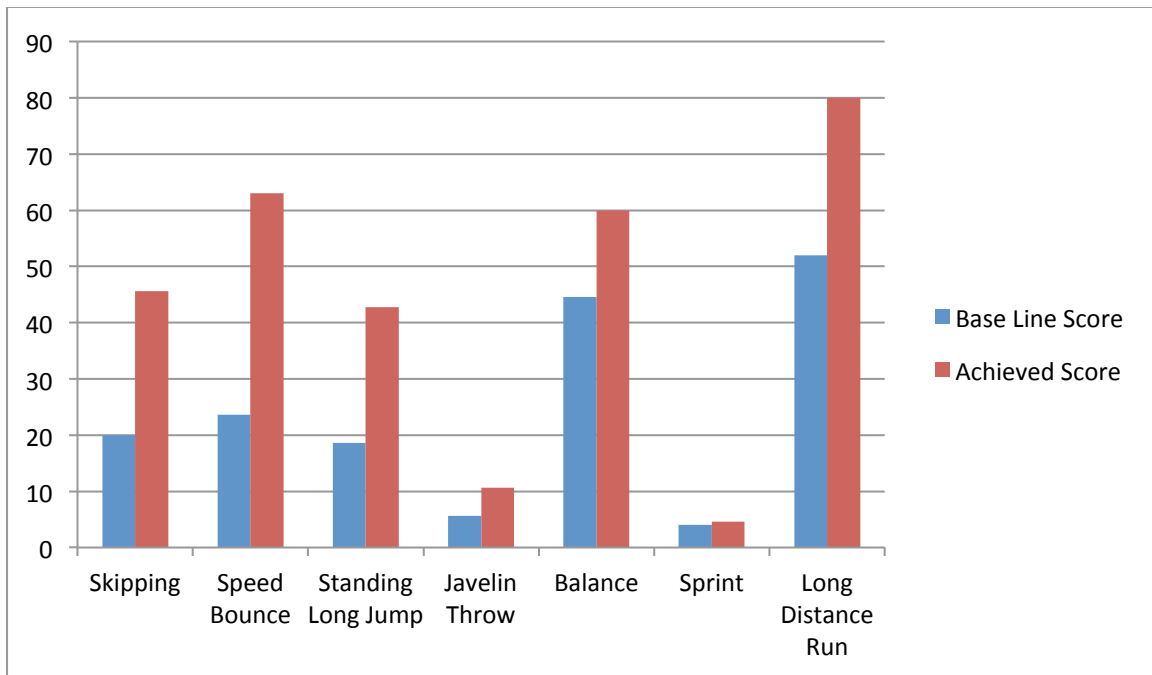


Figure 3: Year 5 Averages

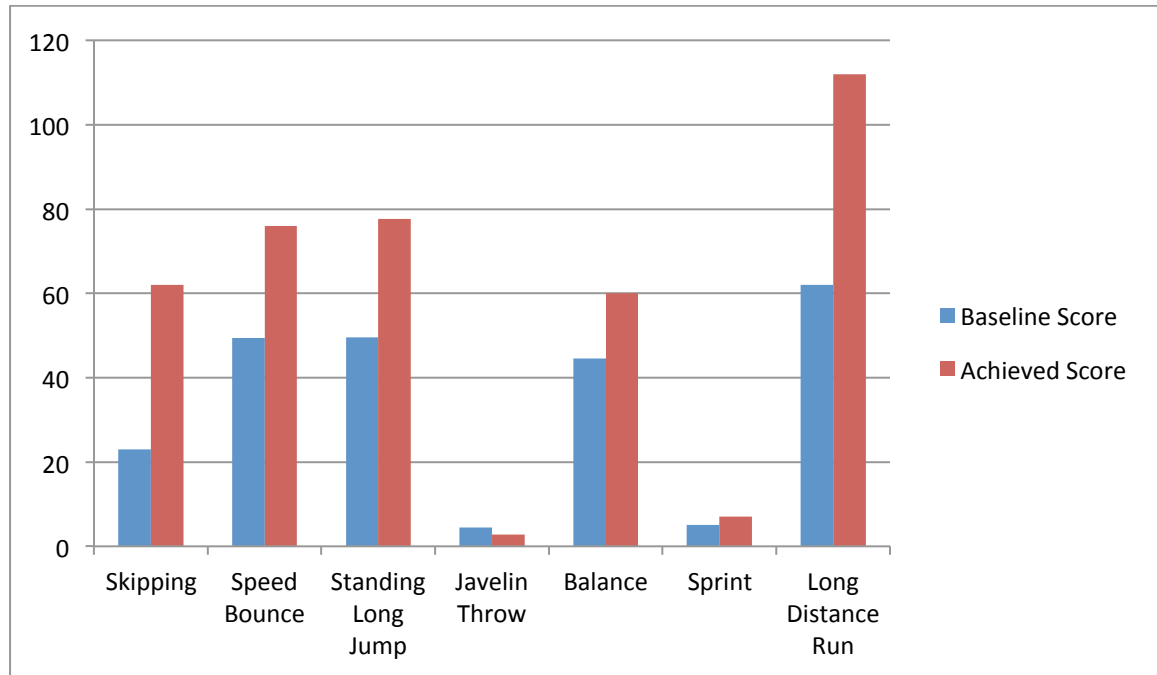
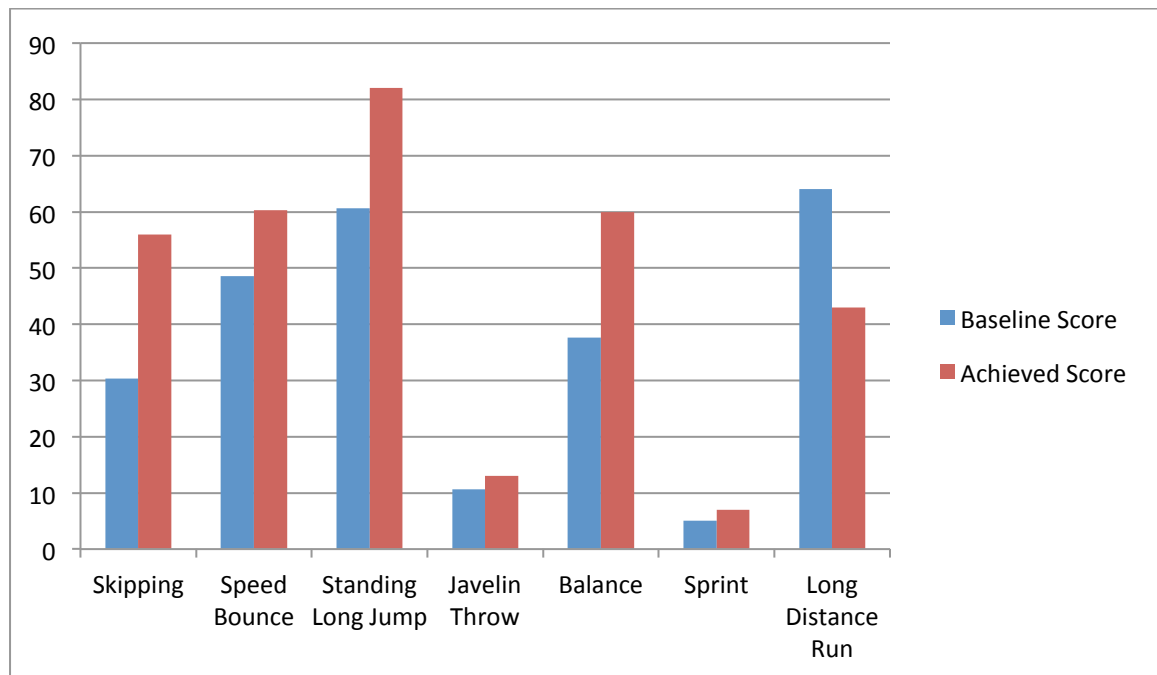


Figure 4: Year 6 Averages



Extra-Curricular Activities

- Previously: Sports clubs consisted of Football for Years 5 and 6 and Netball and Cross Country club leading up to events. One average around 60 children took part in extra-curricular clubs across the year.
2013/14: The Sports Leader's aim for extra-curricular activities was to increase choice and options to participate in a wide range of activities. Across the year- 8 clubs a week were run at lunchtimes and after-school-including clubs for KS1 children such as 'Paralympic Sports' and 'Multi-skills', and also new activities such as Field Hockey, Orienteering and Cheerleading. For each term a new extra-curricular timetable has been created by the Sports Leader and participation has reached 200+ pupils consistently for every term.
- Inter-school competition has increased in 2013/14 and a range of year groups have participated in tournaments, throughout the year, in the following areas: Football (Years 3-6), Hockey, Swimming, Rowing, Athletics and Cross-Country.

Raising the Sports Profile and Celebrating Sporting Achievement

- Year 6 'Sports Leaders' were chosen at the start of the school year to support with sporting activities in school and create sports role models for the rest of the year.
- Sports Relief and Sports Day have been used to raise the St Christopher sports ethos to parents and within the community – with an emphasis on competitive sport and celebrating the children's sporting achievements.