



Hesketh with Beconsall All Saints CE Primary School

Our intent is for all teaching staff to be confident in all areas of PE and Sport. Staff are supported with high quality resources and kit to deliver sessions using the WLSP Succeed in Platform. Our staff are part of the assessment process and have a clear understanding of skills and progressions.

We implement this by being supported by West Lancs Sport Partnership who deliver various activities. Our Staff have access to "Succeedin" website where they retrieve high quality plans and research teaching methods. Staff are provided with skill progression documents and age related vocabulary. Staff training is provided for the Succeedin platform and how to understand assessments. This support has an impact on teachers to help them deliver follow up PE lessons with increased confidence and offering good quality planning, using resources and becoming more aware of the skills progressions and development.

Curricular PE

Years 1 to 6 participate in two timetabled PE sessions per week. One is led by a sports specialist from WLSP and one by the staff member.

This includes one session per week of Swimming for Year 3 for the whole year, and Booster Swimming sessions in the Summer Team for assessed children from Years 5 and 6 who need additional support in the pool.

Teachers have been given iPads to use for Active Cross Curricular to support and help improve skills and PE Vocabulary.

PE Action Plan -This is an ongoing development to measure the progression in children from Reception to Year 6 using the correct vocabulary and skills. This also helps to encourage active vocabulary in other subject areas and not just PE lessons.

School Games Values

These are on display in the hall to remind the children and staff of the values:

- Determination
- Teamwork
- Honesty
- Respect
- Passion
- Self Belief

Playtime Lunchtime Activities

Active Playground Planner

All Year 5 children took part in the Active Playground Planner led by our Sports Partnership to design playground games. From this, Playground Leaders were selected who actively involved playing games they had designed with the other children in school. The Play leaders also sectioned off part of the playground to be used for quieter activities.

The Welfare Staff were also trained in the Active Playground Planner to help develop their skills and confidence.

EYFS

School has invested in various outdoor equipment including trikes and bikes for EYFS to help encourage developing their balance skills and increase their activity at playtime and outdoor learning. These are available everyday.

EYFS have their own outdoor area, but along with Year 1 & 2, they often use the Track and Trim Trail during the afternoon play time when there are no timetable breaks for the juniors.

We currently have ongoing plans to improve and develop the EYFS outdoor play area to encourage better activities and outdoor learning and play.

At lunch time, the KS2 playground is sectioned with movable barriers. One half for Football and one half for free play and other activities. Children can use the Trim Trail and tyres, and have access to netball hoops and a 4 way shoot. We have a rota for the juniors, so each class has a day to access the football area at break and lunch.

Forest School

Year 1 participated in Forest School within the school grounds.

Yoga

The whole school participated in a day of Yoga, Relaxation and Mindfulness.

Sports Councillors

We have 2, Year 5 Sports Councillors who take part in Zoom meetings with other local schools to discuss and challenge their ideas.

Wake up and Shake up

Year 6 and Year 5 have regular wake up and shake up sessions.

After School Clubs

After school Sport Clubs have been available to all classes from Reception to Year 6 across the year; including the opportunity to prepare for competition events. Through our Sports Partner we have offered:

Dance, Tennis, Athletics, Bee Stingers Netball, Girls Football, Outdoor and Adventurers and Gymnastics.

The Girls Football had an Intra Competition at the end of the course to build confidence for future tournaments.

Breakfast and After School Club

Our wrap around care, Breakfast and After School club have access to the schools outdoor areas and equipment. They can access the Trim Trail, Tyres, Mud kitchen and P E equipment.

Events

We have entered the following TASA Sports Association events, competing against other local schools, and been awarded position medals in the majority of events.

- Boys World Cup for both KS1 and KS2
- Composite Relay
- Bee Stinger Netball
- Swimming Gala at Edge Hill University
- Muddy Woody
- Sports Hall Athletics
- KS1 Fundamental Skills
- KS2 Tasalympics

WLSP Bolt On Activities- purchased with Sport Premium Funds

- Forest School for Year 1 within the school grounds.
- Mini Wheelers for Reception in the school day including an after school club. This is the use of balance bikes which is the first stage of learning to ride a bike.
- Active Playground Planner -This was led by WLSP designing school playground games .

In previous years when we have had health related fitness bolt ons, children have gone on to develop their own personal best challenges.

Personal Best Challenge

Children set themselves different challenges over a week: i.e. how many keepy uppies can they do on a Monday, and keep practising every day to see their improvement over the week. Each week had a new challenge.

Bikeability

Year 5 and Year 6 children attended 'Bikeability' sessions- level one within the grounds of school, and level 2 on the village streets local to school. – Bikeability helps encourage children to be active and is also a PHSEE Road Safety activity. Year 5 also has Bikeability Fix sessions. This teaches the children how to maintain their bikes to keep the bikes usable and themselves physically active and supports them to become more confident riders.

Inclusive Health Check

As part of the Inclusive Health Check, we have found that the upper Junior girls can become less confident and active, therefore, we encourage them to engage in sport by offering different activities such as cricket and dance.

A selection of activities this year

Reception - Balance Bikes

Year 1 - Fundamental Skills, Gymnastics, Dance

Year 2 - Dance, Fundamental Skills, Gymnastics

Year 3 - Dance, Swimming, Striking & Fielding, Gymnastics, Athletics

Year 4 - Dance, Invasion Games, Striking & Fielding, Athletics

Year 5 - Dance, Invasion Games, Striking & Fielding, Athletics

Year 6 - Dance, Invasion Games, Gymnastics, Striking & Fielding, Athletics.

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