

# PE curriculum

Our PE curriculum is designed to encourage and enthuse all our pupils to be active and enjoy sport. We believe that through sport children can learn many important life skills such as self-believe, determination, respect, teamwork, honesty and passion: these are values which are integral to our school sport.



During **Reception** and **Key Stage 1** pupils will build on their movement and develop their Agility, Balance and Co-ordination (ABC) skills. The children experience a broad range of activities to develop their ABC skills and start to work with other pupils and in small groups.



During **Key Stage 2** pupils further develop their physical skills in a purposeful and engaging environment. The pupils experience a broad and balanced curriculum where they experience drills, games and competition. They develop an understanding of strategies and tactics in a variety of sports and learn how to evaluate their own and others performances. This term we will be focusing on **Hockey and Basketball**.



## Sport Leaders & Crew



# SPORTS CREW

Our School Sport Leaders [Year 6] & Crew are a diverse group of pupils who join together to develop, organise and promote school sport and clubs as well as health & well-being through school sport and clubs within our school.

The main aim of our Sports Leaders & crew is to be the voice of our students:

- Contribute to what sporting activities are delivered in PE and sports clubs offered in our school.
- Discuss their ideas and have their opinions listened to.
- Have an influence on school sport for their peers.
- Assist in the development and planning of the Sainsbury's School Games.
- Organise intra-school house competitions.
- Be valued by all in our school community.
- Market and promote the Health & Well-being Lifestyles our school.
- Market and promote the Change for life Clubs at our school.
- Deliver the Change for Life across our school.
- Deliver active activities at our break and lunch times daily.
- Help mentor the next generation of Sports & Health Leaders.
- Be valued by all in our school community.

Mrs. Burroughs will be working with our Sport Leaders & Crew over the coming year to help us to develop our Change for Life clubs at lunchtime.



### Sainsbury's School Games Values

*Spirit of the Games* are the six key values that are the underlying success of the Sainsbury's School Games.

The six values of passion, belief, respect, honesty, determination and teamwork were developed by young people to identify what the experience of school sport should be built around and values which the pupils at our school try hard to emulate.

We believe that these values are such important life skills for our pupils to develop and through their experience of competitive sport at school these values will be brought to life and help them to achieve their dreams.

The *Spirit of the Games* Values focus on personal excellence through competition. There are six values:



**Honesty:** With others and with yourself. Have the courage to do the right thing. Be truthful and promote fairness in every situation.



**Teamwork:** Treat everyone equally, support each other's and work together to have fun and achieve. Celebrate each others' success. Be a good friend and a positive team player in school, sport and life.



**Respect:** Treating others politely and with understanding. Accepting life's 'ups and downs' with grace. Respect everyday, in everything you do and for everyone around you.



**Self belief:** You've got to believe to achieve. Have the self belief and confidence to succeed and reach your personal best.



**Passion:** Giving it 100%, putting your heart and soul into whatever you are doing and never giving up. Care about what you do and the people around you, and approach each opportunity with enthusiasm and positivity.



**Determination:** Keep going no matter what. Determination is about the journey you go on to push yourself and achieve your dreams. Have the mental strength and the self-discipline to overcome obstacles, commit to your goals and keep working every day to become the very best you can be. Don't hold back!



## School Games



At Shilbottle Primary our pupils love to get involved with competitive sport. Opportunities to represent the school in a number of intra-school competitions runs right throughout the school year. Many festivals are organised throughout the year [by a variety of people] for pupils in Year 1 to Year 6.

Competition is available in a range of sports including Football, Rugby, Hockey, Cricket, Tennis, Basketball, Cross Country, Athletics and Rounders.

The School Games inspires and motivates millions of children across the country. It gives all children the opportunity to take part and compete in a wide range of sports both in intra-school competition and inter-school competition.

Competition creates an ideal environment to develop personal values and our pupils learn how to handle victory and defeat, how to achieve their personal best and believe in their abilities. They learn how to respect their opponents and develop their teamwork and communication skills to achieve success.

### Autumn Term:

- Inter-school Basketball competition @ DCHS.
- Newcastle Football Foundation U11 football competition.
- U11 Football League [Alnwick Partnership]

### Spring Term:

- Inter-school Hockey competition @ DCHS.
- KS1 multiskills @ DCHS

## Extra - curricular clubs

At Shilbottle Primary we run a strong extra-curricular programme. Throughout the year the clubs are changed to enable all pupils to participate in a wide range of sports and or physical activity. Over the week all Key Stages are given the opportunity to develop both their physical competence and their knowledge and understanding in a fun and exciting club.

## Club Timetable

Autumn term – karate; football [football foundation]; football [development squad/U11 team]; basketball; netball; gymnastics

Spring term – karate; football [football foundation]; football [development squad/U11 team]; dance; hockey; rugby

Summer term – karate; football [football foundation]; football [development squad/U11 team]; rounders; tennis; cricket

## Change for life



Change4Life Sports Clubs are a new type of extra-curricular sports club at our school. They started last year and have been a great success in getting our pupils active at lunch times and after school.

Our Sports Leaders deliver these clubs to our pupils during over lunch times. The Change4Life clubs aim to develop specific skills from a range of sports in a fun and enjoyable club giving the pupils the confidence to develop a healthy lifestyle habit.

The activities are:

- Fun and imaginative.
- Develop pupil confidence
- Establish healthy habits for life.
- Develop understanding for a healthy and active lifestyle.