

Allocation of PE

Children at Landkey Primary School experience 2 hours of PE per week. This either takes place in our hall, large playground or on the school field.

Intra-School Activities

We have a family house system, which is used for Intra-school events such as multi-skills events, sports days and meet the athlete day.

Kit

All children are expected to have a full PE kit in school every day. PE kit should consist of a white short sleeved T-shirt, dark shorts (black/navy), suitable footwear – Key Stage 1: plimsolls or trainers, Key Stage 2 trainers. During the colder months, teachers may ask children to bring in more suitable clothes for outdoor activities. Early Years are expected to change at least once/twice per week, years 1 and 2: 2/3 times per week. Key stage 2 are expected to change for every session of PE. The school provides Blue t-shirts for festivals and events.

Staff Development

Staff are offered many opportunities to continue their development in the area of Physical Education. Development opportunities range from specific sports based training to understanding the underlying principles of movements and skills. We trained two more TA's this year in Fun Fit.

Extra Curricular Programme and Inter School Opportunities

Active Clubs (please see pupils tab for a full list of clubs being offered this term)

We always ensure a wide range of active clubs are available to all ages. Clubs are run by very talented parents, coaches and staff. Previous and current clubs include: tag rugby, Golf, netball, street dance, Surf club, multi skills, football, athletics and lots more!

Festivals and Competitions

We are very proud to be involved with the Park School Sports Co-ordinator. The co-ordinator provides an abundant calendar of festivals, experience days and competitions. Some of the competitions lead onto area finals which feed into the area school games. Landkey have achieved all sorts of success at many of these levels. Competitive sport is encouraged at Landkey Primary.

Other Opportunities Outside of Curricular Physical Education

Forest School

Forest school is an inspirational approach which helps develop confidence, self-esteem, emotional and social skills, whilst developing a connection and respect for the natural environment. Activities are carefully planned and thoroughly risk assessed. The child's natural inquisitiveness and enthusiasm leads them into many areas of learning. We then help to deepen this understanding by providing the resources, tools and ideas. The activities are small, achievable and child led, ensuring success and increased self esteem. This allows them to learn from their current level of understanding and develop their personal creativity. Adults are there to support learning and ensure safety. Allowing the children to explore many stimuli provided by the resources of the natural environment.

Sports Leaders

In year 5 children have 2 days of Sports Leader training provided by a local professional. Our children learn the skills to organise and run active games and activities independently considering all aspects of games

including safety, space and modification. This also gives the opportunity for our children to begin to form transitional links with professionals from local secondary schools.

Active Playtimes

Active lunchtimes are encouraged and sports leaders aid the activities using the skills they have learnt through the sports leaders programme.

Residential Experiences

Children in years 5 and 6 are offered the chance to partake in a 3 night residential trip in the summer term. Next year the children will be going to Isle of Wight to experience water sports, teambuilding activities and learn fundamental independence skills. Year 4's were offered a one day trip to a local adventurous centre to build them up to the year 5/6 residential, and next year we hope to extend this to a one night stay. Year 3's start their adventurous program with 6 sessions of forest school.

Healthy Active Lifestyles

How we promote Healthy Active Lifestyles

Healthy snacks and lunches are promoted at or school and children are taught from a very early age of the importance of a balanced nutritional diet. Physical activity is encouraged through Physical Education, active clubs and active lunchtime activities.