

PE Curriculum

The children are provided with 2 hours of PE a week, as well as an hour of active play every day. This has been achieved by purchasing play equipment for the MUGA, roof top playground and courtyard. Lunch time staff have been trained to encourage children in active play, which includes badminton, table tennis, and building materials, den building etc.

The PE curriculum at Charles Dickens offers a comprehensive broad range of activities, enabling all children in KS1 and KS2 an opportunity to develop their fundamental movement skills, which includes opportunities to extend their agility, balance and coordination, individually and with others. In KS1 they master basic movements during multi-skills which include running, jumping, throwing and catching, moving on to more advanced skills in KS2. From nursery to year 6, the children develop balance, agility, flexibility, strength and co-ordination through high quality gymnastic sessions, following the BAGA scheme and boxing for upper KS2. Finally, all children from nursery to year 6 have dance sessions from a specialised teacher, teaching children simple movement patterns, then moving on to complex routines and performances. During the Covid pandemic, the school offered dance sessions and yoga sessions for all children.

Swimming

Sports premium has paid for 2 members of staff to become ASA1 qualified, which has shown evidence of children's increased confidence and accelerated progress. In addition, all children in year 3 receive 1 hour of swimming for a whole year. The impact of this is children become confident in the water, and therefore progress is accelerated. At the beginning of this year 80 % of children were non swimmers, however at the end of the spring term, this was reduced to 16%. We had 18% of children who could swim 10m and 66% of children who could swim 25m +, which is a significant improvement. The sessions were cut short due to the Covid Pandemic.

Specialised gymnastics coach

Provides teachers with the opportunity to learn alongside the coach and to accelerate children who have a natural aptitude for gymnastics. The teaching is progressive, following the BAGA scheme of work. Each year group builds on prior knowledge and assessed on a half termly basis. Children who have been identified with a natural ability, can be extended and this is where the experience of the specialist teacher has helped to develop the skills and confidence of the class teacher to ensure that children are suitably challenged. All year groups were provided with gymnastics, with the focus on increasing children's core strength, balance and coordination through a variety of progressively complex skills and routines.

Specialised boxing coach

Boxing was introduced last year to increase the level of participation and enjoyment in year 6. This proved successful and was introduced in year 5. Boxing offers children in years 5 and 6 an opportunity to access a new sport, encouraging more pupils to take up sport and physical activities. It has enhanced social interactions within the year group and has increased the levels of discipline and control needed. Boxing is a high intensity sport which requires stamina and fitness, increasing cardio fitness, hand eye coordination and confidence building.

Dance

All year groups from Trotwood to year 6 have an opportunity to participate in focused dance lessons. Having a specialised teacher working in partnership with the class teacher, providing many of the pupils an opportunity to access focused dance lessons, enhancing and extending current opportunities for all children. The dance sessions build on the children's prior learning. Early years and KS1 are introduced to some basic dance principles. Actions- (what you do) and Dynamics- (how you do it). They are also encouraged to find how they move to the musical

accompaniments. Key concepts are explored in movement like open/close, near/far and up/down these help to build an understanding of language. An understanding of our ability to control our own bodies will be seen with simple set exercises that get everyone moving together and they will create simple shapes while working with a partner.

Lower KS2, continue to develop their action and dynamic vocabulary they also start to look at varying dance relationships-(with whom), unison and canon these are demonstrated with them creating simple sequences of movement derived out of tasks. They also learn more challenging set warm up exercises that require them to be aware of the music and other bodies in space.

Finally, upper KS2, add to their understanding of action, dynamic and relationship by looking at space-(where). They learn more complex set exercises and create their own choreography in groups that makes up the basis for their class dance. There is a greater emphasis on independence and personal ownership of their movement choices and how to extend those movement choices. They also engage in more self and peer reflection to build their critical thinking skills which prepares them to advance to KS3.

Multi skills

Offers a broader experience and range of activities, building on children's prior knowledge and experience from previous years. This includes, ball skills (basketball, football, hockey), stamina training, athletics, ladder work, weights, elastic bands, skipping, hand eye coordination activities. The activities are designed to build upper and lower body strength, fine and gross motor skills, blood circulation, cardio workouts.

The competition calendar provides all year groups an opportunity to compete at a higher level and increased participation in competitive sports, including cross country for year 5 and 6, virtual sports hall for year 3 and 4. Due to Covid the competition calendar was cut short and we were unable to take part in the gymnastics competition and athletics.

After school clubs

Football Thursday and Friday (45 children attend)

Boxing Tuesday

Gymnastics Monday – Friday (45 children attend)

Wednesday Fitness club (12 children attend)

Dodge Ball Monday

Bounce club Monday morning before school

Introducing a gifted and talent sports club for KS1

Playtimes

The removal of the goal posts have encourage non gender specific play and increased participation in active play.

The sugar content in school lunches have been reduced and healthier options have increased.

We offer all children in year six an opportunity to participate in a residential farm trip and year five have the opportunity to participate in a French residential trip. We offer a 30% discount for those families who have been identified as PP and the school funds the entire cost for vulnerable families. Both trips have high levels of physical exercise including orienteering, Den building and animal care.