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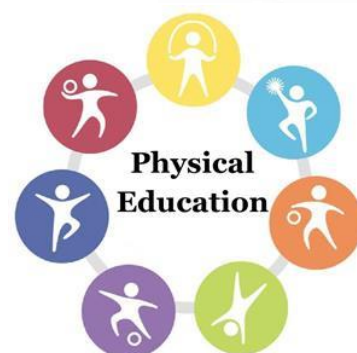
## RADDLEBARN'S CURRICULUM NEWSLETTER



### Physical Education and Physical Activity newsletter

Hello and welcome to the first curriculum newsletter of 2021 focusing on Physical Education and Physical activity. In this issue, you will find out more about what the children have been learning so far this year in PE, as well as how we are enhancing children's experiences in PE and how we are promoting children to become more physically active.

Miss Phillips



#### PE lessons

We had a great first term taking part in a range of dance and gymnastic activities in our PE lessons. We have been working hard to make sure that children have exciting, challenging and ambitious PE lessons in which children develop a range of skills. Children in Reception have been moving with confidence in a range of ways including rolling, jumping, skipping and sliding to children in year 2 learning how to take pressure on their hands in order to perform a handstand. Where possible we have linked dance lessons to topic work with children in year 6 using the Boogie Woogie dance style to perform, compose and evaluate their own routines (linked to World War 2 topic) and in year 5 identifying and repeating movement patterns in order to perform their own choreography (linked to the Christmas dance performance). Through discussions with the children, they have continued to express how much they are enjoying PE lessons and how much they enjoy being active.

Beginning this half term, we will begin to teach different sports whilst following health and safety guidance. Sending children to school in their PE kits, ready to take part in PE lessons has resulted in teachers being able to take advantage of the full 2 hours of PE teaching and therefore children having more time to develop their skills - we thank you for your continued support with this.

#### Daily Mile

During the autumn term we reintroduced the 'Daily Mile' where children run, jog or fast walk for 15 minutes. It has many benefits both physically and mentally, which include;

- improving children's fitness, leg strength and body composition as well as reducing childhood obesity
- contributing to improved alertness, mood and verbal memory
- helping children to concentrate better and feel happier
- promoting peer to peer and child to teacher relationships
- children reporting they are feeling calmer after completing the Daily Mile
- improving children's attitude to physical activity

Currently, each year group takes part in the Daily Mile once a week. As the year progresses, we hope to increase the number of times each week that the children take part in the Daily Mile therefore having a greater impact on children's health and well-being.





## Let's Get Moving!

### **Autin Dance Theatre**

You may have noticed that as part of our 'home learning' provision, there were a number of dance tutorials uploaded to the Padlet for children to follow and practise. The dance routines were created by the Autin Dance Theatre Company in co-ordination with school and were closely linked to the objectives in the National Curriculum and skills from the PE progression grids to ensure that all of the routines created are creative, progressive and help to develop children's dance skills as well as being enjoyable to perform.

Many children practised these routines at home during lockdown and uploaded short videos of their performance to the Padlet. During the first week back at school, children will continue to practise these dance routines and put the whole routine together. Hopefully, later on in the year, the children will get the opportunity to perform these dances in a dance festival.

### **Working with the REP theatre**

Throughout the autumn term, we have been working with the REP theatre to develop children's dance and drama performance.

So far, the REP theatre have worked with children in Year 6 for the duration of the autumn term supporting dance and drama based on World War 2. In Reception, the REP worked alongside Reception staff exploring children's dance and movement skills and towards the end of the Autumn term working with Year 3 children on their 'Plants' topic.

In year 4, lessons were delivered remotely and supported the teaching of dance and drama. All being well, we hope that sessions with the REP theatre company will re-commence in the Summer term, working with a range of children across the school to develop their dance and drama skills.

### **How to keep your child physically active at home**

You can take part in the 'virtual school games challenge' where your child can compete in physical challenges against themselves <http://www.sgochallenge.com/>

Change for life website – gives advice on cooking healthily, fun, active games as well as how to keep your child mentally healthy [Home | Change4Life \(www.nhs.uk\)](http://www.nhs.uk)

BBC Bitesize also has ideas for dance routines and ideas for keeping active on the 'Physical Education' page [KS1 Physical Education - England - BBC Bitesize](#)