

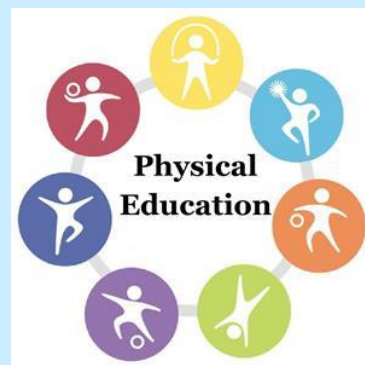
RADDLEBARN'S CURRICULUM NEWSLETTER



Physical Education and Physical Activity newsletter

Hello and welcome to the 2022 curriculum newsletter 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 seeking to enhance children's experiences in PE and promote activities for children to become more physically active.

Thank you for reading this. If you have any questions, please get in touch.
Mr. Weatherup



PE lessons

It has been another year of adaptation as waves of Covid have influenced both our routines and the activities we have been able to deliver, but slowly we are moving to a 'new normal' and the breadth of activity has returned to our curriculum.

Team sports have been reintroduced alongside a range of dance and gymnastic activities in our PE lessons, where we have worked to make sure that children have exciting, challenging and ambitious PE lessons in which to develop a range of knowledge and skills. To give a flavour: children in Reception have been moving with confidence in a range of ways including rolling, jumping and sliding, together with working in teams for multi-skill relays - they have particularly enjoyed exploring the 'large apparatus' wall frame; in Y3, one focus has been to compose a gymnastics sequence independently and with others, linking combinations of actions with increasing confidence, including changes of direction, speed or level; Y6 have identified and repeated the movement patterns and actions of specific dance styles, composing individual/partner/group dances to reflect these styles and offering a positive critique to the compositions of their peers. Sports have been as varied as lacrosse, orienteering and tri-golf, alongside the more traditional football & cricket.

Through 'pupil voice' discussions with the children, they have continued to express how much they are enjoying PE lessons and being active.

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 each week and therefore children having more time to develop their skills - we thank you for your continued support with this.

Intra-school Competition

Regular within school competitions are part of our programme, but this doesn't mean that it's all about winning. It is much more important to us to widen the competition environment to foster positive attitudes towards physical activity, as we aim to make a meaningful difference to the lives of our children.

Children are encouraged to: referee their own games; focus on individual improvement and health benefits; demonstrate the qualities of fair play; make activities inclusive (perhaps by modifying rules or scoring systems); enjoy!

In short, participate and have fun!

If these competition principles are followed, this should result in lots of:

S M I L E S

Safe **M**aximum Participation **I**nclusive **L**earning **E**njoyment **S**uccess

Inter-school Sport

As an extension of our curriculum PE, we also take part in fixtures, festivals and events against and alongside other schools. This year, pupils have represented the school at football (mixed, girls' only, at various ages), multi-sports, tag-rugby and swimming.

We are proud that Tahmineh (Y6) was selected to play for the Kings Norton District Primary Schools' Girls' Under 11 Football Team and Fabian (Y4) for the Under 10 Boys' Team!

Working with Partners

Last week's Drama Curriculum Newsletter gave details of active activities undertaken under the leadership of staff from Birmingham Hippodrome and Birmingham Rep's education programmes. We have also welcomed Commonwealth Games ambassadors and representatives from Warwickshire County Cricket Club into school to inspire and motivate us. We are proud to continue to be part of the Bournville Partnership School Games network.



This year we have again worked with the Autin Dance Company, who choreographed and taught the children the wonderful dances which were performed at this week's Commonwealth CARNIVAL!



60 Active Minutes

We support the '60 active minutes' initiative. This seeks to encourage at least 30 minutes of physical activity per day for each child, delivered in school through active break times, PE, extra-curricular clubs, active lessons, or other sport and physical activity events – we also undertake 'the daily mile' up to twice a week and have invested in playground traverse walls and gym equipment.

We encourage parents and carers to target the remaining 30 minutes outside of school time, including by active travel to/from school (walk/scoot/ride).

A selection of school sports clubs are offered termly, but if you would like your child to develop a sporting interest outside of school, a list of local clubs others have recommended can be found on the school website at:

<https://www.raddlebarn.co.uk/home/learning/extended-provision/>

Change for Life website – gives advice on cooking healthily, fun, active games as well as how to keep your child mentally healthy [Home | Change4Life \(www.nhs.uk\)](https://www.nhs.uk/home/change4life/)

And don't forget to be inspired as Birmingham hosts The 2022 Commonwealth Games between 28 July and 8 August.