

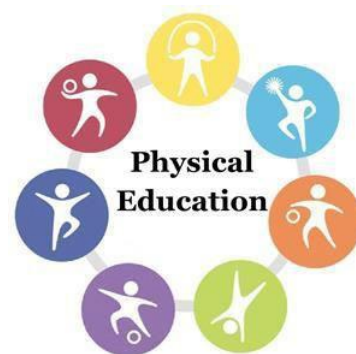
RADDLEBARN'S CURRICULUM NEWSLETTER



Physical Education and Physical Activity newsletter

Hello and welcome to the 2023 curriculum newsletter focusing on Physical Education and physical activity. In this issue, you will find out more about what the children have been learning 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.



PE Lessons

Team sports are offered alongside a range of dance and gymnastic activities in our PE lessons, where we have worked hard to make sure that children have exciting, challenging and ambitious PE lessons in which to develop a range of knowledge and skills. Sports have been as varied as lacrosse, orienteering and tri-golf, alongside the more traditional football & cricket. In addition, we have completed our swimming lessons in Y4 this year, and our 'catch up' swimming lessons in Y6 as we know this is such an important life skill.

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 continues to result 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

Regularly 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 competitive 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 13 events, including cricket, tag-rugby and football.

Working with Partners

We have continued our partnerships with The Autin Dance Company, The Birmingham Hippodrome and the Birmingham REP with some fantastic whole-school provision in lessons as well as involvement in performances. In addition, this year Year 1 have been fortunate enough to work with the Birmingham Royal Ballet – on the back of their visit, 9 children have been offered a place on their yearly scholarship programme. We are so proud!



We have also continued our affiliation with Kings Norton District Football. As well as that, EYFS and Y1 participated in a roadshow with Billesley Tennis Centre earlier in the year.



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60 Active Minutes

We continue to 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), as we continue to promote this within school, including through our Y6 Bikeability lessons.

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/change4life/)

Remember to keep active over the Summer break!