

PE Report to the Governors – Autumn 2015

School Games Mark

St Catherine's has been awarded the School Games Mark, Silver Level, for our PE and School Sport 2014-2015.

Curriculum

The Real PE/Funs scheme of work has been introduced across the school, providing a holistic approach to PE. It promotes the key abilities (physical competence, physical literacy, emotional and thinking skills) that children need, to be successful within PE and School Sport. All teaching staff received training in the Summer Term and its implementation is monitored by the PE coordinator. In addition, our PE curriculum and Real PE is supported by the work of our sports coaches.

Sports Coaches

PE coaches continue to be employed to work alongside our teachers and to enhance our PE curriculum. They bring a skilled enthusiasm to our lessons, whilst providing valuable CPD for our teaching and support staff.

Coaches from **Plymouth Argyle Community Trust** have worked with pupils in Year 6 and Year 3 in developing attacking, defending and team play skills through football (invasion games). Pupils have learnt different techniques for passing, controlling and shooting the ball in games, been able to apply principles of team play in order to keep possession of the ball, use marking and tackling skills, play effectively as part of a team and suggest ideas that will improve performance. Pupils' responses have continued to be very positive when asked what they have achieved during the games the lessons with the coach, Ryan;

'I think I am a better footballer and I am better at saving goals. I learnt how to pass the ball and I am learning how to dodge.'

'I enjoyed the games that we play with Ryan. They are fun and they make us fit.'

'I have learnt that football is not just for boys it is also for girls too.'

Plymouth Argyle coaches have continued to deliver the multi skills club for KS1 pupils and Football Club for years 1, 2 and 3 pupils.

Kelly Gill from Zero Gravity Gymnastics has worked with pupils and staff in Years 1, 2, 3 and 4. The focus has been to improve pupils' body tension, balance and control of movements. Teachers have continued this focus in follow up lessons and have noticed a marked improvement in pupils' ability to perform with precision, control and fluency. Pupils were able to describe what they had achieved and have set themselves individual targets for their follow up lessons in the Spring and Summer Term;

'I like gymnastics because I have learnt how to do a forward roll. Next time I want to learn how to do a backward roll.'

'I learnt that gymnastics is fun. I learnt that I am good at gymnastics because I can do *'transitional'* shapes.'

'I loved Mrs Gill's gymnastics because she explained her words nicely and I enjoyed the moves that we learnt. I would like to learn how to do a handstand and a cartwheel, next'

Janette Mann (dance specialist) Due to the success of last year's dance we have increased the block of dance lessons for each class to six weeks. This links in with the half termly Inspire topics. Year 2 have created and performed a dance linked to healthy and active lifestyles and Year 4 are currently working on a dance linked to myths from the Dark Ages. Dances have been performed to other classes in the school. Teaching and support staff have commented on the quality and enthusiasm generated within these dance lessons. Each lesson is carefully planned, with music well chosen, making the lessons totally inclusive, despite any possible gender and behavioural issues. Working alongside our dance specialist has allowed teachers to become more confident and competent in teaching dance, gaining inspiration and new ideas for following units of work.

Swimming

In order to address the national downward trend in swimming skills, Year 5 pupils have again received ten weeks of swimming lessons in one block. A qualified swimming coach has been employed to work alongside teaching and support staff and has focused on those pupils who have shown a lack of confidence in the water and an inability to swim aided or unaided. At the start of the swimming lessons 13 pupils were unable to swim unaided, 6 pupils were able to swim 10m and 10 pupils were able to swim at least 25m. At the end of the block of lessons only 3 pupils were unable to swim unaided and 23 pupils were able to swim at least 25m.

We celebrated our achievements with a swimming gala. Pupils took part 10m and 25m races and ended with a medley relay. The winning house was Tamar.

After school Clubs

There are five after school sports clubs this term attended by 76 pupils.

Plymouth Argyle Football Club – Years 1, 2 and 3

Netball Club –Year 5 and Year 6

Active Club – Year 3 and Year 4

Multi-skills Club – Year 1 and Year 2 (supported by Year 6 Sports Leaders)

Football Club – Year 4, Year 5 and Year 6

Launceston College Competitions and Festivals

In September Year 6 attended a tag rugby, orienteering and volleyball festival and KS1 pupils have taken part in a multi skills competition held at Launceston College.

We have joined the local football and netball league and matches have been played against other local schools.

CDP

PLT meeting at Launceston College - Jo Williams

Cornwall PE Conference -Jo Williams

KS2 Swimming Course -Caroline Penn and Tracey Gillespie

Costs

ARENA SLA Membership	£525
Launceston College Competitions and Festivals	£600
Plymouth Argyle Community Trust	£500
Mo Gregory Zero Gymnastics	£600
Janette Mann Dance Teacher	£270
Swimming Instructor	£250
TOTAL	£2745 (approx.)