

Sport and Physical Education at Our School

At our school, we believe that sport and physical education play an important role in helping children develop healthy bodies, confident minds and positive relationships with others. We aim to provide a wide range of sporting opportunities so that every child can develop their skills, discover new interests and enjoy being active.

Physical Education with Education Enterprise

This year, we are working with Education Enterprise, who will deliver our PE sessions and provide children with opportunities to develop their physical skills, improve their fitness and enjoy being active. Our PE provision ensures that children have access to high-quality physical education and opportunities to meet the recommended physical activity requirements for their age.

Developing Skills and Confidence

Throughout the year, children will have opportunities to attend a range of sporting festivals, where they can develop their skills, celebrate their progress and showcase their achievements from PE lessons. These experiences encourage children to challenge themselves, build confidence and take pride in their efforts.

We also organise sporting competitions throughout the year, including handball, netball, football and dance. These events allow children to put their skills into practice, work as part of a team and experience the excitement of friendly competition. Children also have opportunities to represent our school and compete against pupils from other schools in inter-school events.

Extra Sporting Opportunities

We are delighted to offer children a variety of additional sporting experiences throughout the school year.

- **After-school clubs:** Children will have the opportunity to take part in after-school sports clubs. The clubs on offer will change each term, giving children the chance to try different activities, develop new skills and discover new interests. Information about the available clubs will be shared with families towards the end of each term.
- **Barnard Castle Rugby Club:** We are fortunate to work with Barnard Castle Rugby Club, who will deliver rugby sessions for every year group throughout the year. Each class will have the opportunity to develop their rugby skills, learn about teamwork and sportsmanship, and put their learning into practice through a tournament against other schools.

- **Chance to Shine Cricket:** During the first six weeks of the school year, Chance to Shine Cricket will deliver sessions to help children develop their cricket skills and understanding of the game. These sessions provide valuable opportunities for children to try a new sport, build confidence and experience high-quality coaching.

Cycling Skills

- **Bikeability – Years 5 and 6:** This year, our Year 5 and Year 6 children will have the opportunity to take part in Bikeability, helping them develop their cycling skills, confidence and awareness of road safety. These sessions support children in learning how to ride more safely and independently.
- **Balance ability – Year 1:** Our Year 1 children will take part in Balance ability, a programme designed to develop early cycling skills, balance and coordination. Through fun and engaging activities, children can build confidence, improve their physical control and develop the foundations for riding a bike.

These additional opportunities help broaden children's sporting experiences, encourage participation and allow them to develop skills beyond their regular PE lessons.

Supporting Attention and Concentration Through BLAST

This year, we will also be offering BLAST sessions. These 30-minute sessions are designed to support children's attention and concentration, helping them feel ready to learn when they return to the classroom. Through targeted activities, BLAST aims to help children develop the skills they need to focus, engage with learning and make the most of their time in class.

These additional opportunities help broaden children's sporting experiences, encourage participation and allow them to develop valuable physical and life skills beyond their regular PE lessons.

Swimming – An Essential Life Skill: Swimming is an important part of our physical education provision, giving children the opportunity to develop their confidence, water safety awareness and swimming abilities. Through regular swimming sessions, we aim to ensure that every child has the opportunity to develop the skills needed to swim competently, confidently and safely before leaving primary school. We believe swimming is not only a valuable form of physical exercise but also an essential life skill that can help keep children safe in and around water. Our aim is for all children

to leave us with greater confidence in the water and the knowledge and skills to enjoy swimming safely.

Why Sport Matters

Through PE, sporting festivals, competitions, clubs and BLAST sessions, we aim to support children's physical development, wellbeing and readiness to learn. Sport encourages children to be ambitious, setting themselves goals, challenging their own abilities and striving to achieve their personal best. Whether learning a new skill, representing the school or competing against others, we encourage children to aim high, embrace challenges and take pride in their progress. Children develop important life skills such as teamwork, communication, resilience, respect and determination. Taking part in sport can also help children build friendships, boost confidence and establish healthy habits for the future.

Our aim is for every child to feel included, enjoy being active and have the opportunity to discover their strengths, celebrate their achievements and develop a lifelong love of sport, physical activity and learning.