



St Johns CofE Primary School Sports Report 2019- 2020



"Shaping Lives – Shaping Futures"



Throughout the school year, St John's have faced an incredible amount of sporting challenges. These in turn have helped to encourage children to remain active, increase their leadership skills and overall lead to a healthier lifestyle through social, mental and physical activity. This report will share an overview of many of our children's sporting achievements throughout the academic year, showing how amazing our school really is.

The children have competed in many competitions across the whole school, facing other schools and always doing themselves proud not only with their ability but also with their great behaviour. They strive for success knowing that success comes in all shapes and forms, although they want to strive to win they know winning games isn't everything and are awarded for their sportsmanship, attitude, perseverance, determination and teamwork at all events.

A number of schemes have also been put in place to help better the children in P.E and in school time also. All are in place to provide opportunity for children to live a healthier lifestyle, whether that be more active or more social, so every child has the opportunity to be the best they can be.

Sporting Initiatives

Walk a Mile



Every Wednesday before school, every child has the opportunity to walk a mile around the playground (some walk even more!) in an attempt to keep our children fit and healthy.

According to Sport England, 46.8% of children are meeting the recommended level of daily exercise, which can include walking!

This scheme has got the whole school to complete at least 1 mile during our Christmas walk a mile, where the whole school came together for one huge walk a mile in Christmas Jumpers, helping to show the children that exercise can be fun even if it is only walking.

Smart Moves



The Smart Moves Programme is an initiative that was brought in so that children can develop their motor skills. Motor skills are split into fine and gross motor skills.

Gross motor skills use larger muscle groups, such as walking, running, jumping and standing up.

Fine motor skills use your smaller muscle groups so can need more refining, such as writing, catching and anything using the hands, fingers or eyes.

Throughout the year limited children in reception, year 1 and year 3 have had the opportunity to participate to improve their motor skills, aiming at the 6 categories of improving their agility, balance, co-ordination, power, reaction time and their speed.

Health Kick



Kidderminster Harriers Community Trust came into school for 12 weeks to work with both year 6 classes. They worked with both year 6 classes for 6 weeks each delivering their health kick programme, used to teach the children how to live a healthy lifestyle and to stay safe.

Some of the lessons included eating healthy, exercise and why it is good for the body, dental hygiene, smoking and being able to cross a road safely.

This helped the year 6's to develop knowledge on how they can better lead a healthy lifestyle, hopefully leading to them being healthy not only temporarily, but through their lifetime.

Playground Leaders



The year 6's this year also completed the playground leader's programme. This programme was put into place to develop the children's leadership skills.

They were taught a variety of different games that they could lead easily, to then put into practice by running games at break times and lunch times. This added more variety to the games that could be played and ensured they were conducted in a safe organised environment.

All the year 6's completed this, so it gave them a chance to be able to rotate and all have a share of running their own games to the rest of the school.

Worcestershire County Cricket



This year for a half term, Worcestershire county cricket club came in to the school to teach cricket to both classes of year 5 during their PE time.

These lessons slowly built up their cricket skills, focusing on ball control, balance, batting, bowling and fielding. Every child was involved with the coach Nick being extremely accommodating towards every child helping them develop their skills to their highest ability.

Competition was also included with most sessions ending in games, which helped all the children put the skills they had learned into practice. Playing matches helps to improve skills as it refines them in more pressurised situations, and makes it more realistic due to having opposition to perform against.

School Sports Organising Crew



During the 2019/20 academic year, pupils were voted to be sports representatives for the school. These sports representatives had a say in what games were played at break times, what equipment was needed and setting out all the equipment for these activities.

On top of this these pupils had termly meetings with Mr Fellows on how the sports budget should be spent from a pupil's perspective on how to best benefit the school and the pupils to lead an active lifestyle.

The children were chosen based on their passion for sport, their ideas given for improvements and their attitudes towards PE.

The school games organising crew consisted of year 6's.

Sporting Successes

Tag Rugby

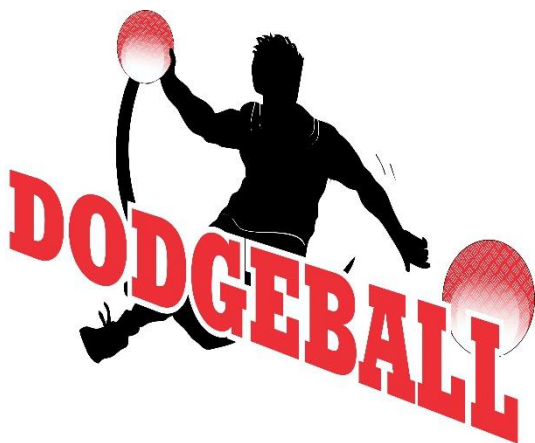


The very first competition of the academic year was the Year 3/4 & 5&6 tag rugby tournament. We took a mixture of 38 children to make 2 teams in both tournaments, with all teams doing exceptionally well.

All teams had to have at least 2 female players in a starting line-up of 7 making sure that equality was shown throughout the sport.

The year 4 teams did very well, one team winning every game and our other team losing only 1 game which was to our other team! The year 5 teams both won 2 games out of 5, which was a great result as they were all playing against teams with year 6's so did themselves very proud!

Pupil Premium Dodgeball



10 Pupils this year who were Pupil Premium attended a dodgeball festival targeted at getting pupil premium children more involved in sport.

It is thought some children are less likely to have access to sport, reducing their chances of participation. This even was to target those children and put them in an enjoyable and fun environment to compete in.

All the children showed a great attitude towards their games, always trying their hardest and relishing the opportunity to earn stickers based on sportsmanship, attitude and desire.

Cross Country



There were 4 teams of 7 that attended the cross country this year, first attending a practice event with some local schools and then attending a larger event with over 100 runners in each event!

During the practices we had some extremely successful results, with Kian Bowen, Jessica Barlow and Mae Carter all having top 5 finishes in their event and earning a certificate of achievement for themselves.

During the main event which was a lot larger, although we never had any top 10 finishes, Mae had a top 30 finish and all runners completed the course with a number of top 50 finishes in the mix. Every student who attended from year 5 & 6 did themselves extremely proud.

KS2 Girls Football Festival

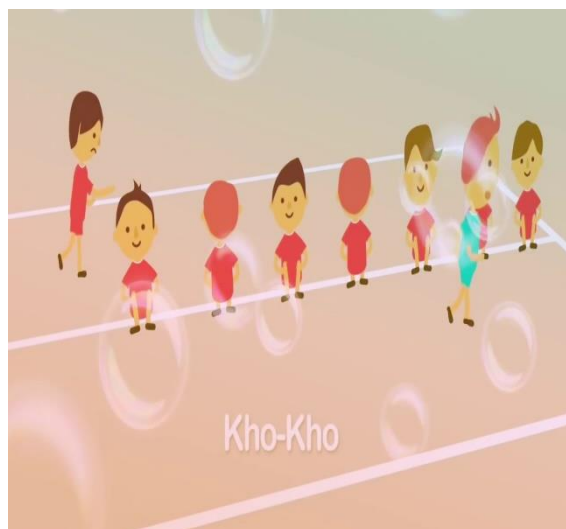


Kidderminster Harriers in the Community this year provided a great opportunity to get more girls involved in football by providing tournaments through the year to challenge local schools against each other in a safe and competitive environment.

The main focus was to raise participation of girls within football, which has been a main focus within the school this year by encouraging all groups to join after school clubs.

The tournament took place over an afternoon, allowing the girls to play a number of games in a group format, so all teams played the same amount of minutes and time, with a fantastic record of 3 wins and 1 loss. Great attitude and sportsmanship was shown by all the girls involved.

Kho Kho Festival



Kho Kho is an Indian tagging game, originally created so that people could have fun and stay active with minimal equipment. This year a mixture of year 3 & 4 pupils who were classed as inactive (did not participate within a club in or outside of school) were given the opportunity to participate in a festival to encourage them to be more active.

A group of 10 children attended, with them participating in a lunch time club also so they could learn the rules ready for the festival. Our children played the game extremely well and smartly, running and crossing in-between the lines to avoid being caught and working as a team. They worked so well that through the whole afternoon we were at the festival, we only lost to one school, so credit must go to all the children who attended as they worked extremely well together to produce a fantastic team performance.

Many comments were made about the children's fantastic behaviour and their attitude to never give up.

KS1 Multi-Skills Event



At the end of January, we were invited to attend a Multi-Skills event at Baxter College for a class from KS1 to attend to develop their fundamental motor skills and to have FUN!

2GH attended the event and were split into groups of 6 at the event and worked around a mixture of different stations based around core sports skills such as throwing, kicking, dribbling, striking and bouncing. A boxing station was also included to help with the children's hand-eye co-ordination.

Every child enjoyed the event very much as it really tested their skills in a non-competitive environment, making it enjoyable for all and based purely on participation and enjoying sport.

SEND New Age Kurling, Boccia & Archery



Wyre Forest Leisure centre this year hosted an inclusive event, organised so that SEND children who would not usually be able to participate in much competitive sport could participate with the idea of encouraging not only an active lifestyle, but also to encourage the children to socialise and participate in more sport.

In terms of disability sport, only 57% of disabled children according to surveys take part in PE, 33% felt they were excluded from activities because of their disability, and only 27% of wheel chair users were allowed to participate in team games.

7 of our children attended, aiming to look at getting them involved in inclusive sport which was adapted to make it more accessible for each individual. New age kurling is a form of kurling which can be performed indoors, archery had bows which held the arrows in place and boccia is a form of bowls which again can be completed indoors.

All the children were extremely well behaved and joined in to the best of their abilities.

Indoor Athletics



In March we took 21 year 6's to compete in an indoor athletics event. This event consisted of many different events including running, jumping and throwing events to test the children's ability in a variety of different fields.

The children did themselves extremely proud, with the girl's team finishing in 3rd place in a pool of a lot of schools, and the boys also having a respectable finish of mid-table. Every child can be extremely proud of the effort they put in and how well they did in each event.

Quicksticks Hockey



The final competition of the year was a quicksticks hockey tournament for year 3 & 4. We took a team of 8 for a 5 aside tournament, where 2 girls had to be on the pitch at all times.

Although we did not win a game, the children had never played hockey in a competitive environment before and their skills on show were exceptional and with a bit more refinement would have scored a lot more!

However when we did score, the team came together in a huge celebration which was great to see, showing the amazing attitude of our children, and their sportsmanship towards the other teams was outstanding, shaking hands with every team after the games and saying well done!

After School Clubs

This year the school has organised many sports after school clubs for children to get involved and enjoy. These after school clubs were often organised by Mr Fellows however there were also cases that external companies came in to provide after school clubs for our children. A big bulk of children took part in and enjoyed these clubs and were a vital part of them staying active and most of all enjoying themselves! So here is an overview of the clubs that have been on offer to children this year throughout the year.

Kidderminster Harriers



This year every Monday, Kidderminster Harriers came after school to provide an after school club for an hour which was loved by all the children involved. The children invited to do this were in years 2-4 so was targeting children aiming to get them involved in football possibly for the first time and keep them involved for the foreseeable future.

Coach Dan provided the sessions and was loved by all the children, praising his manor with them and his fun footballing sessions, focusing not just on matches but skill based games which created an equal and fun learning opportunity for all to flourish. This was a great opportunity for our children and all involved enjoyed it very much.

Yoga



Before Christmas, some children were invited to join a yoga class on Mondays after school. This was an opportunity for the children in the school to develop core strength, flexibility and stability which are all attributes proven to be better worked on from a young age so it becomes more natural to the child.

This club created a calm environment for the children to develop these skills, as well as their social skills as they were talking to children from other classes which they would not normally talk to, allowing them to make new friends as well as improving their sporting skills.

Tag Rugby



In our first half term, tag rugby club was provided for year 5 & 6 as a build up for the competition that was fast approaching. This club was put in place to practice tag rugby skills as well as learning tactics, and ways to penetrate the opposition defence to give us a better chance at competing at the competition.

The children worked on agility, invasion, passing and tackling (tagging) skills, working out themselves ways to defend as a team, attack and a team and work as a team to get the best results possible. As some of the children were rugby players themselves, it gave a great foundation for the others to learn from, making them better overall players.

Athletics/Cross Country



From autumn term straight through until Christmas there was an athletics club provided for year 5 and 6 in preparation for the cross country event. The idea was the first half of the club would be practicing for cross country, building fitness and running technique, whereas the second half would be filled with fun athletics games to break up the club and make it as fun as possible for the children.

Many types of games were included in this club including sprinting, throwing and jumping events, and each game working on breaking down each individual skill needed for the event.

Basketball



There have been 2 basketball clubs that have taken place this year. One was for year 3 & 4 and the other was for year 5&6. This club was aimed at working on basketball skills such as dribbling, shooting, tackling and ball mastery.

Each session the children was given a challenge to complete as part of their warm up, usually to do with keeping the ball bouncing and keeping it close, in turn challenging the children's technical ability to dribble. Matches were also played so the children could put the skills they had learnt into practice, allowing things to be more realistic and make the children think when the best time to use that skill was in a match.

Dodgeball



This year there were also 2 dodgeball clubs that took place. One for years 3&4 and then another for years 4&5. This gave the children the chance to test their skills in a variety of different dodgeball games which made you think not only about hitting people with the ball but how to think tactically on how to avoid being hit.

Some of the favourite games played included Dr Dodgeball, Secret Agent dodgeball and Prisoners Dodgeball, all with very different rules requiring very different tactics. When the children had bettered their skills, a competition was held on the last week allowing children to test themselves and earn prizes such as stickers or house points.

Alternative Sports



Alternative sports was a club set up for all of key stage 2 to give them a chance to play sports that they may have never played before. This was a good chance for them to experience new sports, to raise interest in those sports and in turn hopefully raise participation. Many new sports were tried through the weeks including

- Ultimate Frisbee
- Table Cricket
- Flag Football (Tag American Football)
- Kho Kho
- Kabaddi
- Volleyball

Rhythmic Dance



Rhythmic dance was a club provided for key stage 2. It gave the chance for the pupils to pick a song to dance to and develop movement patterns related to a theme given to them each week. These patterns were then put together to create a routine on the final week of the club.

Props such as hula hoops, ribbons and pompoms were also allowed to be used, creating a more fun environment as children could play and be creative with the equipment available.

Netball



Mrs Graves and Mrs Dicks also ran a netball club for those who wanted to further expand on their netball skills. Skills such as pivoting, shooting, passing and marking skills were worked on in this club, to better improve a players overall skill set.

Initially this club was created so St Johns could form a netball team however due to the current circumstances that was not able to be done, however this club will be a MUST for next year ready to push to get the team ready to compete against other schools.

Year 6 Sports Day

Even during the current circumstances we are currently putting into place an idea to provide a socially distanced sports day for our year 6 pupils as it would be their final chance to compete in a primary school sports day! Events being included will be individual events such as running, jumping and throwing events all which can be done individually.

To make this fair for everyone the children will be split into small groups, giving them a chance to win the event in their group, win on a point basis the group in general and some may even compete to be the king or queen of sports day for the class! Currently we are looking to complete this the very last week of term.

Virtual Sports Day

For the children who cannot come into school at the moment we will be organising a virtual sports day. This is a day where children at home can compete against their families with events being posted to Facebook and Twitter so they do not miss out of the competitive edge of sports day. Although no physical awards can be given, for those who post their progress to Twitter or Facebook a certificate can be sent over to congratulate the pupil on completing the virtual sports day events!

A schedule will be posted so children know the times that they should start and finish their events, and all the events will be made so that they can complete them at home.

KS2 Personal Challenges

This year the KS2 students were set personal challenges in PE so it was clear to see how far they had progressed in certain skills throughout a period of a half term. These skills were related to the sport they were doing at the time so we could see whether the PE lessons being taught gave the children a foundation to improve on their skills. In most cases there was a significant improvement in children's scores, showing that the more they practiced and worked at the skill, the more they improved at it.

Basketball Passes

At the start of the half term the children from each class got themselves into pairs to see how many chest passes they could complete successfully within a minute. A successful pass was classed as a pass that was thrown into the midriff of their partner and was caught and did not hit the floor. Most of the partners had improved on this by the end of the half term, due to them learning the proper technique and practicing every lesson within the warm up to build up their skills and technique within the pass.

Hockey Dribble

At the start of the half term the children were given a small amount of cones to dribble round in the shape of a square and had to dribble round them as fast as possible with a hockey stick and ball in a specific pattern given to them. To begin with the children did not keep the ball under control very well leading to a slow time. However as the half term went on and the children worked on their control and dribbling skills, they would keep the ball closer, allowing them to get a faster time by the end of the half term.

PE Curriculum

PE SYLLABUS – YEAR PLANNER

	AUTUMN TERM		SPRING TERM		SUMMER TERM	
YEAR 6 TL	GYM	HARRIERS/ INDOOR ATHLETICS	HARRIERS/ INDOOR ATHLETICS	TAG RUGBY	ATHLETICS	OAA
CF	TAG RUGBY	DODGEBALL/ Leadership	NETBALL	CRICKET	TENNIS	ROUNDER S

National Curriculum Link:-

- Use running, jumping, throwing and catching in isolation and in combination
- Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis],
- Apply basic principles suitable for attacking and defending
- Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- Perform dances using a range of movement patterns
- Take part in outdoor and adventurous activity challenges both individually and within a team
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

YEA R 5 TL	GYM	DANCE	INDOOR ATHLETICS	OAA	ATHLETICS	ROUNDER S
CF	TAG RUGBY	HOCKEY	NETBALL	CRICKET	TENNIS	LEADERSH IP

National Curriculum Link:-

- Use running, jumping, throwing and catching in isolation and in combination
- Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis],
- Apply basic principles suitable for attacking and defending
- Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- Perform dances using a range of movement patterns
- Take part in outdoor and adventurous activity challenges both individually and within a team
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

YEAR 4 TL	GYM	DANCE	TARGET GAMES	OAA	SWIMMING	SWIMMING
CF	INVASION TAG/FOOTBALL	INVASION HOCKEY FOCUS	INVASION NETBALL/BASKETBALL	STRIKING/FIELDING CRICKET	ATHLETICS	NET/WALL TENNIS

National Curriculum Link:-

- Use running, jumping, throwing and catching in isolation and in combination

- Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis],
- Apply basic principles suitable for attacking and defending
- Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- Perform dances using a range of movement patterns
- Take part in outdoor and adventurous activity challenges both individually and within a team
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.
- Swim competently, confidently and proficiently over a distance of at least 25 metres use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
- Perform safe self-rescue in different water-based situations.

YEA R 3 TL	GYM	DANCE	SWIMMIN G	SWIMMIN G	ATHLETICS	OAA
CF	INVASION TAG/FOOTB ALL	INVASION HOCKEY FOCUS	INVASION NETBALL/ BASKETBAL L	STRIKING/ FIELDING CRICKET	NET/WALL TENNIS	STRIKE/ FIELDING ROUNDER S

National Curriculum Link:-

- Use running, jumping, throwing and catching in isolation and in combination
- Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis],
- Apply basic principles suitable for attacking and defending
- Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- Perform dances using a range of movement patterns
- Take part in outdoor and adventurous activity challenges both individually and within a team
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.
- Swim competently, confidently and proficiently over a distance of at least 25 metres use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
- Perform safe self-rescue in different water-based situations.

YEA R 2 TL	SWIMMING	SWIMMIN G	PLAYGROU ND GAMES	OAA	DANCE	GYM
CF	FUNDAMENTA L BALL SKILLS	FUNDAMENT AL BALL SKILLS	FUNDAMENT AL MULTI-SKILLS	FUNDAMENT ALS MULTI- SKILLS/TEAM GAMES	FUNDAMEN TAL ATHLETICS	NET/WALL BALL SKILLS

National Curriculum Link:-

- Master basic movements including running, jumping, throwing and catching
- Developing balance, agility and co-ordination, and begin to apply these in a range of activities
- Participate in team games, developing simple tactics for attacking and defending
- Perform dances using simple movement patterns
- Swim competently, confidently and proficiently over a distance of at least 25 metres use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]

YEA R 1 TL	GYM	DANCE	PLAYGROU ND GAMES	OAA	DANCE	GYM
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CF	FUNDAMENTAL BALL SKILLS	FUNDAMENTAL BALL SKILLS	FUNDAMENTAL MULTI-SKILLS	FUNDAMENTALS MULTI- SKILLS/TEAM GAMES	FUNDAMENTAL ATHLETICS	NET/WALL BALL SKILLS
National Curriculum Link:- <ul style="list-style-type: none"> • Master basic movements including running, jumping, throwing and catching • Developing balance, agility and co-ordination, and begin to apply these in a range of activities • Participate in team games, developing simple tactics for attacking and defending • Perform dances using simple movement patterns. 						
YEAR R R TL	OUTDOOR TIMETABLED SESSION	OUTDOOR TIMETABLED SESSION	OUTDOOR TIMETABLED SESSION	OUTDOOR TIMETABLED SESSION	OUTDOOR TIMETABLED SESSION	OUTDOOR TIMETABLED SESSION
CF	FUNDAMENTALS	FUNDAMENTALS	FUNDAMENTALS	FUNDAMENTALS	FUNDAMENTALS	FUNDAMENTALS

This year the children have been introduced to many different sports which include a variety of different skills. These were chosen to not only test the children's skills in that sport, but to target improving as many skills as possible which will not only help with a child's technical ability, but also with their ability to get by in everyday life. Leadership skills, social skills and teamwork skills were targeted a lot as these are characteristics that can be targeted easily through sport which can be used in many other situations, so every child will have gained and improved on something through PE this year.

Although we could not finish the academic year which largely reduced the amount of competitions we could attend, this year was a huge success for sport within the school with behaviour, desire and ability being shown in all the competitions we could attend. The children this year have been an absolute delight always showing a great attitude towards learning which helped greatly in ST John's retaining their GOLD School Games mark.