



Monk Fryston CE Primary School

PE and Sports



Information for Parents and Carers

At Monk Fryston School, we value the importance of physical activity and promote this through both our taught curriculum and extra-curricular activities. Our aim is to encourage children to participate so that they experience a range of different opportunities. We hope that this will encourage them to lead fulfilling, healthy lifestyles. We want all our children to experience competitive sporting situations, and to this end we try to provide at least one chance for every child to represent our school each year. We do not always put



our strongest or most competitive team into every event; although winning is important, we value the experience more than the outcome.

We are delighted that, in the last two years, we have been awarded the Gold School Games Mark in recognition of the high levels of sport that we provide.

How we organise sport



Over the course of a year, every class has at least two hours of timetabled PE every week. Lessons follow the National Curriculum and provide experiences in invasion games (e.g. rugby,

football, hockey or netball), dance, gymnastics, athletics, striking and fielding games (e.g. rounders, cricket), outdoor activities (e.g. orienteering), and net and wall games (e.g. tennis). Children do not undertake each activity every year, but our curriculum is designed to ensure that they will have the opportunity to develop their skills in each aspect during their time in school.

Sometimes, we employ specialist coaches to work alongside our class teachers to deliver high-quality lessons. This ensures that children get access to experts in their sport which inspires our children, and also improves the skills of our staff so that they can continue to teach to a high standard in future lessons. In this way, we have increased our

knowledge of different types of sport including fencing, cricket, golf and rugby.

We teach swimming to children in Year 3. We do not have a swimming pool on site, and must transport them to a local venue. Currently, we use Selby swimming pool. Children are taught by specialist instructors for a full term. In this way, we aim to ensure all children can reach the expectations of the National Curriculum. Any child who cannot meet these expectations by Year 6 is offered additional lessons.



We encourage all children to lead healthy and active lifestyles. Some activity will take place within lesson times but not in PE lessons. For example, we run short sessions of 'wakeup shakeup', or 'Jumpstart Johnny' to enable

children to get active to music prior to their learning. We also have 'Freddie Fit' sessions most Fridays.



We encourage children to be active at playtimes. We have a selection of play equipment that is brought out at every playtime for children to use and have introduced 'zones' for the children to enjoy activities in a safe way. We have a

football rota so that there are chances to play a game of football (or other ball sport) and we employ coaches at lunchtimes to organise or referee children's games. We also have a number of Sports Leaders in Year 6. These children are trained in leading activities, and plan various games for children to experience during one playtime every week.

Our PE and Sports Leader is Mrs Lofthouse, and our specialist PE teacher is Mr Jackson (employed across several schools).



Competitions and events against other schools

During the academic year 2018 – 19, we will enter teams in 22 different competitive events.

We employ a specialist PE teacher to organise events against other schools. This is a shared role between several schools in the local area. The teacher organises a calendar of events each year and meets with representatives from each school when determining plans. Some events are for small groups, whilst others may be for a full class. They are usually determined by age. We identify teams for all events and track participation carefully so that we get the highest levels of inclusion possible. Last year, 98% pupils experienced a competitive event against other schools.



We try to include a variety of events in order to broaden children's experiences. These therefore include more unusual sports such as golf, sportshall athletics, and beanbag rounders, as well as the more traditional sports such as cross country, hockey and rugby.



Some festivals are qualifying events for regional competitions. Teams that are successful have the chance to represent our area in a regional festival at a central event in the summer.

Some of our extra-curricular activities also result in teams. These are usually selective, and even though we still want to allow children the opportunity to experience a competition there is a higher emphasis placed upon winning. These teams (currently netball and football) compete against other schools in friendly matches, leagues, and cup competitions.

We try to organise competitive events within school. Some PE lessons will involve a competition, for example a tennis 'ladder' in KS2 which enables children to compete against each other, or a tag rugby match at the end of a lesson. We organise a whole-school sporting event each year, during which children score points for their team during a range of activities and then race against each other during a competitive 'traditional' sports day.

PE and sports funding

The government provides us with additional funding for PE and school sport. We use this to increase participation in sporting events, and to enrich the lessons that we teach. We publish our plans and an evaluation of our spending on our website every year.

Active lifestyles

We encourage all children to lead a healthy lifestyle. We try to ensure that all children are active for at least 30mins in school every day, either at playtimes, during lessons or through sporting activities. We track these activities carefully and invest in staffing and resources.



PE kit

We expect that children will wear the correct kit for sporting activities as this encourages good habits and attitudes. Most indoor activity is done in a plain red tee-shirt and black shorts, and will usually be barefoot. Children wear a similar kit for outdoor activities, although they may also wear a tracksuit in cold weather. Their footwear should be appropriate for the activity and may be plimsolls, trainers or boots. Jewellery must not be worn during PE lessons for safety reasons.

After school and lunchtime clubs

We offer a wide variety of clubs, and sporting activities feature highly in our offer. We usually have one sporting activity taking place every day. As restrictions on space and availability limit the number of children that we can allow into each club, we try to work with providers to keep changing the year groups that the club is open to so that throughout the year most children will have the chance to participate in at least one club. This year, our clubs have included netball, football, multiskills, archery and tennis.



If you would like to find out more about school sports please speak to Mrs Lofthouse or Mr Weights. You can follow the activities that we do on Facebook, Twitter, or the school website.

<http://monkfryston.n-yorks.sch.uk/>



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