



Physical Education at Walsgrave



At Walsgrave CE Academy, it is our belief that a high quality Physical Education curriculum is vital when inspiring all of our pupils to succeed, whether that be in terms of physical activity, competitive sport, health and fitness or confidence. To this end, we ensure that all of the children in our care have access to two hours of quality physical education each week, covering a range of physical activities, games and skills. In addition to this, we look to provide a diverse range of after school clubs, competitive fixtures and other sporting opportunities to enrich our children's experience of physical activity and instil a love of learning - something which can be considered as a core value of our school.

A recent acknowledgment of our long term commitment to school sport and the provision of high quality PE has been the awarding of the Schools Games Mark Bronze Award to Walsgrave CE Academy. This award celebrates and acknowledges that we as a school are meeting a prescribed standard for both curriculum and extra-curricular sport and competitions.

An area we have recently developed to ensure further sporting opportunities is during playtimes, which we resource and structure through the help of staff members, so as to ensure purposeful play opportunities, which has proven to be a huge success and very popular with the children!

We also believe in the positive effects of physical activity prior to and during academic subjects, be that through 'brain breaks', where children have the opportunity to exercise during lessons or through the daily 'Activate' sessions. As part of this, children perform a range of movements to various pieces of music; therefore helping children become stronger, more agile and confident, moreover getting us ready for the day of learning ahead. Another example of where we encourage academic achievement through the medium of sport has been through our innovative 'Rugby and Read' programme which was trialled in 2015. Through our links with Coventry Rugby Club, some children in KS2 had the opportunity to read with local rugby stars before being put through their paces on the rugby pitch!

Within the PE Curriculum, there is a balance of different areas of physical development which can include a variety of games, multi skills, gymnastics and dance. We feel it is vital at Walsgrave that Physical Education provides our children with the opportunity to compete in sport and other activities, building character and thus helping to embed values such as fairness and respect, which again, we consider to be core values of our school.

An example of the range of activities we look to provide during PE lessons can include:

Swimming: In Year 4, children receive swimming tuition so as to provide every child with the opportunity to swim, with the ultimate aim of becoming competent at swimming to a distance of 25 metres.

Dance: During these sessions children not only build upon their abilities to perform steps but also develop their choreographical skills to create sequences independently and with their peers. We are in the fortunate position at Walsgrave to have several members of staff who are qualified to deliver high quality dance lessons, be it during PE lessons through Miss Hindmarsh and Miss Ginger or during after-school clubs by dance and performing arts specialist Kirstie Smith.

Gymnastics: Our large range of small and large apparatus for both Key Stages allows for children of all abilities to reach their potential. These sessions show children how to control their muscles and perform balances individually and in groups. Children also learn about safety in setting out equipment and spatial awareness.

Games and Multi-Skills: This part of the PE curriculum allows for team skills to develop in a fun but competitive way. Children learn skills and tactics for a variety of popular sports including football, netball, basketball, cricket and rounders. In addition, children learn and apply the basic principles for attacking and defending something which is a staple of the PE Curriculum.

After School Clubs

As part of our continuing commitment to school sport, our school aims to offer a wide range of extra-curricular activities. In addition to providing our children with the opportunity to become physically active and confident, we are also passionate about enriching their exposure to all things active. To this end, after school clubs provide a diverse range of activities, and are often prompted by the children themselves through our 'pupil voice' questionnaires. Some of our recent after school clubs have included: Football, tag-rugby, cricket, netball, dance, cheerleading, gymnastics, skipping, multi-skills, golf, rounders and cross-country. Watch this space for photos and our latest news on all things active at Walsgrave.....