

PE and School Sport

PE and School Sport at Norton Free Church of England Primary School

Our vision statement: ‘To challenge every child to fulfil their physical potential and to lead active, healthy lifestyles whilst having fun’.

PE and School Sport is a highly valued part of the curriculum at Norton Free School. As well as 2 hours per week of PE lessons, the school ensures that there are a variety of extra- curricular sports clubs that take place either at lunchtimes or after school. We encourage all children to try and be physically active through walking or cycling to school and through our daily ‘Mile a Day’ in the afternoons. Further information about our Mile a Day can be found in our booklet ‘The Mile a Day at Norton Free’.

In PE lessons, learning takes place across all four strands of the PE National Curriculum, namely- Acquiring and developing Skills, Selecting and Applying Skills, Tactics and Compositional ideas, evaluating and improving performance and knowledge of fitness and Health. PE lessons are not solely focused upon skills acquisition. We try to ensure that there are variations in our school sports programme of events in line with City wide festivals that we may enter. Clubs after school are provided by (a) coaches who provide links to clubs that run in the community (for example, Beauchief Tennis Club) (b) coaches provided by Points School Sports Partnership and (c) by staff who have an interest or skill in a particular sport and (d) by other professionals depending on a particular focus in school.

The school has well established and successful teams for Cross Country, Football, Netball, Swimming and Gymnastics. We also enter teams for cricket, swimming, athletics and basketball.

The PE leader in school is Mrs Bell (Cross Country/Athletics) supported by Mr Neilson and Mr Thaw (boys and girls Football), Miss Sewell (netball) and Mr Holland (Cricket). Children’s sporting successes and achievements (both in and out of school) are celebrated in a weekly sports assembly every Wednesday. Each week in this assembly, two children are chosen to be 'Sports Personality of the Week'. This award is presented to children who have tried hard to improve, shown good 'sportsmanship' and/or have been a good team player. Parents are invited to attend this assembly once a month. Photographs of all the activities that children take part in are shared with the whole school during this assembly. For more information about sports clubs at Norton Free please see the attached PE and School Sport document.

For the last three years running we have achieved the School Games Gold Award for PE and School Sport. In July 2018, Mrs Bell received an award ‘Leadership in an Active School Award’ in the Sheffield Schools Active Awards. Each year we take part in a number of competitions including Athletics, Basketball, Climbing, Cricket, Cross Country, Football, Gymnastics and the annual Swimming Gala in May. For further information about any of these please contact Mrs Bell.

Healthy Schools Status

Norton Free Church of England Primary School has Healthy Schools Status awarded in 2007 and has a continuous cycle of provision in order to maintain this. The Healthy Schools Leader (Mrs Walton in Y1) and the PE leader liaise regularly to ensure that we continue to provide the children with opportunities for high quality PE and School Sport in order to stay fit and healthy. We also hold specific events to encourage the children to cycle to school. We regularly take part in the City wide WoW (Walk once a Week)

event, encouraging children to walk to school at least once a week. A recent whole school survey (2019) suggests that the majority of children at Norton Free either walk or cycle to school.

In addition to the above, we hold specific fund raising events that are linked to our aims to encourage children to be fit and healthy. These include a whole school skipping day with funds going to the British Heart Foundation, a Sponsored Walk, Penalty Shoot outs, a Basketball WOW day and other events that dovetail with our whole school topics.

	Before School	Lunchtime	Mile a Day	After School	Curriculum
Monday	Wake Up Shake up		Every day with a different focus each half term.	Dance Fun Workshop/ Football Sept - March	Y4 Swimming Autumn – Feb Y2 Swimming Feb – July, Rugby Y6 and Y4 - 6 weeks until Easter
Tuesday	Wake Up Shake up	Change 4 Life Club		Gymnastics	
Wednesday	Wake Up Shake up	(Choir)		Yoga	Autumn 1&2 PE specialist working with FS, Y1 and Y4 Summer 1&2 PE specialist working with Y6, Y3 and Y1 Cricket Block for Y1 and Y4.
Thursday	Wake Up Shake up	Y1 and Y3 Tennis until Easter then Y4 and FS		Gymnastics Summer term – Athletics and Cricket for Y5&6	TBA
Friday	Gymnastics for KS1	Friday Benchball with Coach Nathan		Coach Nathan and Friday Fun. Netball	Y3 Swimming Autumn – Feb FS Balance Bikes Coach working with class teacher in Y6 and FS
Saturday	Cross Country and/or Netball depending on fixtures.				
Swimming	This Year Y3, Y4 and Y2 will be taking swimming lessons. Additional lessons are provided for Y2 and Y3 this year through the Sports Premium Finding. Swimming Gala 23 rd May 2019				