

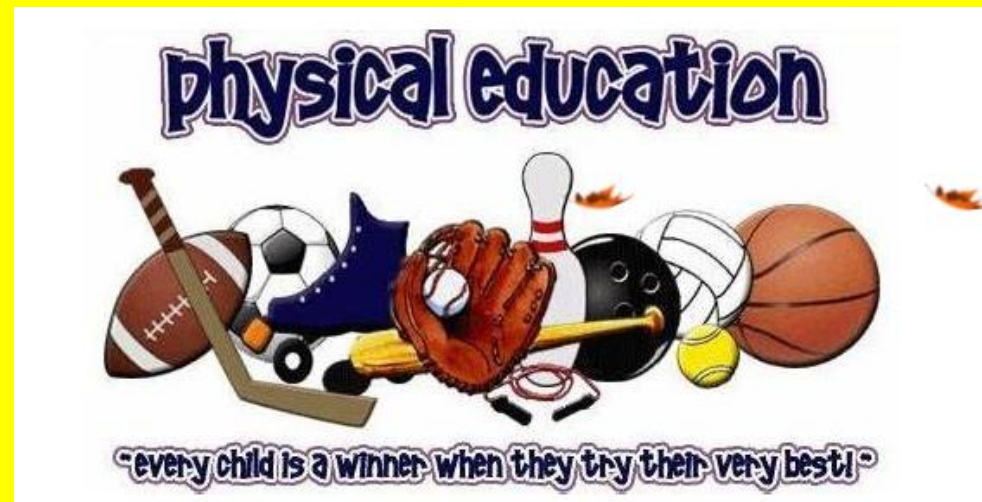
Physical Education

Subject Leaders: Mrs Keeley and Miss Dooley

Intent

Abacus Primary School believes that Physical Education (PE), is experienced in a safe and supportive environment, it is essential to ensure children attain optimum physical and emotional development and good health. Our curriculum aims to improve the wellbeing and fitness of all children at Abacus Primary School, not only through the sporting skills taught, but through the underpinning values and disciplines PE promotes.

Physical education develops the children's knowledge, skills and understanding, so that they can perform with increasing competence and confidence in a range of physical activities. These include dance, games, gymnastics, swimming and water safety, athletics and outdoor adventure activities.





Lots of good reasons to get moving!

Research shows that physical activity can help school aged children in lots of ways:

- Improves behaviour, self-confidence and social skills
- Improves attention levels and performances at school
- Develops co-ordination
- Strengthens muscles and bones
- Improves health and fitness
- Maintains a healthy weight
- Helps them sleep better
- Improves mood and makes them feel good

All children should have at least 2 hours of Physical Activity per week, at Abacus Primary School we provide that in a whole range of different ways.

As a school we use GetSet4PE which provides lesson plans and schemes of work that have been written with careful consideration of the aims of the National Curriculum, to ensure that children are given a wealth of opportunities to develop their physical skills as well as developing the whole child.

Each lesson plan has progressive activities that are designed to inspire and engage pupils, allowing them to explore and develop skills and embed knowledge.

The following sites provide activities to encourage children and families to become more active at home and enjoy the benefits that exercise brings.

<https://www.getset4pe.co.uk/ResourceBank/ResourceCategory/1002>

<https://www.activeessex.org/>

<https://www.nhs.uk/change4life/activities>

To fully access the curriculum children need the correct kit...

A T-shirt in their house colour.



Black shorts, tracksuit bottom or leggings.



Trainers that can be independently put on by the child.



We use our outside spaces for PE therefore in the colder weather, children will need a hoody to wear.

Working in partnership with Essex Cricket

Children in years 1,3 & 4 took part in taster sessions with the coaches from Essex Cricket.



Year 1s are enjoying cricket lessons.





Bawdsey Manor Suffolk

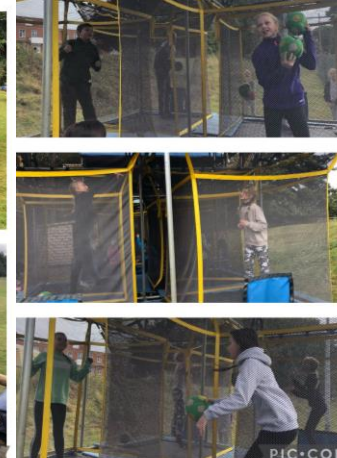
For Primary Schools



The residential trip for the year 6s provides opportunities for the children to develop the skills needed to meet our curriculum drivers: Well-being, Engagement, Communication and Independence.



Team Hobnob
Jacob's Ladder



Team Hobnob
Coastal Walk



Team Ore
Problem Solving



Friday 30th April 2021



I like doing the Daily Mile because...

- I get to get fresh air.
- I like to see the nature outside.
- I get to be active.
- I get to stretch my body and move my bones.
- It refreshes my brain.
- It is an opportunity to get exercise - sometimes we can't before/after school.
- It makes me smile.
- It makes me ~~feel~~ feel good inside.



The aim of The Daily Mile[®] is to improve the physical, emotional, social and mental health and wellbeing of our children - regardless of age, ability or personal circumstances.

Walking our way around Essex!



Abacus took part in the first national event hosted by The Daily Mile to get 1 million children moving across the country to celebrate the positive benefits that daily activity can have on our mental health.

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Mr Adam's from Progressive Sports has been working with children at a lunch-time and after school club. Here they can be seen having a go at archery, firing arrows to see whose goes the furthest.



Mindful Mornings

Mindful mornings is a quiet and relaxing environment, where children can come into school and enjoy a range of mindful activities. This includes yoga, mindful colouring and breathing exercises. It also allows space to be able to speak about any worries or concerns they have. Each session is 30 mins and is a nice start to the day, especially for children that struggle with coming into school.

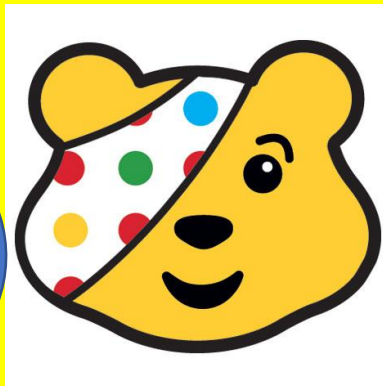


Sports Ambassadors

We have a team of 16 Sports Ambassadors from Years 3 to 6, who work with our Sports Co-ordinator to promote sport across the school. Their motto is to get everyone active and involved and they do this by arranging different events throughout the year: monthly Sports Ambassador Challenges over lunchtime; sporting events such as National Fitness Day/Sport Relief; leading at sporting competitions and supporting our Sports Days.



The Challenge was to see how close children could get the Kurling stone to Pudsey's face. We had some that got right on target!



On Friday the 19th November, our Sports Ambassadors invited children to take part in a Kurling Challenge. Kurling is an adaption of Curling (played in the Winter Olympics) and similar to bowls.

152 children took part!

Sports Ambassador Children in Need Challenge

The Winners:

Year 1/2 Boy: George in Red

Year 1/2 Girl: Eva in Turquoise

Year 3/4 Boy: Joey in Green

Year 3/4 Girl: Annabella in White

Year 5/6 Boy: Zachary and Declan in Teal

Year 5/6 Girl: Tahlia in Purple





Monday 13th December

Today all the children, from foundation to year 6, took part in the Santa Fun Run. They each completed one mile either walking or running. The Sports Ambassadors were on hand to make sure that the event went smoothly.



We provide opportunities for the children to take part in intra-sport competitions with their peers and inter-sport competitions with other local primary schools.

We work in partnership with our SSCO and SGO to enable our children to take part in festivals and competitions throughout the year with schools from Wickford, Billericay and South Woodham Ferrers.

We enter competitions across a range of sports: Football, Netball, Boccia, Kurling, Dodgeball, Tag Rugby, Athletics, Cross Country Running, Swimming, Tennis and Rounders. Our greatest achievements have been representing our partnership area at County Finals in Cross Country, Gymnastics, Rounders and Athletics and we are the current holders of the Wickford Primary Schools Athletics Competition shield.

We are proud to have obtained 'Gold' for the School Games Mark and the KS1 Physical Education Sport and Activity Mark.





Dodgeball Intra-sport competition between Teal and Purple Class

We enjoyed competing against the other year 5 class.



	Purple Class	Teal Class
Team 1	18	11
Team 2	27	13
Team 3	14	18
Totals	59	42



It was energising and got our blood pumping!

It's a sport that I enjoyed and definitely want to do again.



It was good to be able to put the skills we have been learning into practice.



Year 1 Fundamental Skills Intra-Sports Competition



In our races we showed off our balancing, sprinting, jumping and hopping.



On the 15th October 2021, Year 1 held their Intra-Sports competition to put into practise the fundamental skills they had learnt in their PE lessons.

We are looking forward to using these skills in other sports.



Results

Red Class 15
Orange Class 16

That was a close competition!



Year 6 Handball Intra-Sports Competition



Can you see us using
our blocking and
marking skills?



On the 19th October 2021, we
put into practice our Handball
Skills from our PE lessons by
playing each other in a game.

Each class was split into 2 teams
who played each other.

Did you know in
handball you
can move the
ball by dribbling,
taking 3 steps
and passing?



Results

Silver 1 v Gold 1 0-0

Silver 2 v Gold 2 2-0

Overall winner: Silver Class





It was
really
energetic.

To celebrate Diwali we did Bhangra (Bollywood)
Dancing.



Interesting
to see how
other
cultures
celebrated
special
events

A new
experience,
which I really
enjoyed.



It was really fun
learning all of the
moves.

I enjoyed it.
The moves
weren't too
tricky.



Our Clubs

To continue to promote physical activity we offer a range of extra-curricular clubs in the following sports: Athletics, Cross Country, Football, Netball and Gymnastics.

Our Netball Club started on the 3rd November 2021 and we are very lucky to have a coach from Flames Netball Club.

15 children from years 4, 5 and 6 attend the club after school.

We are hoping to play in 2 tournaments during the year. Keep an eye on the sport reports to see how we get on.

Netball Club



In our first session we practised passing, catching and shooting.



Tag Rugby Festival

On the 2nd November 2021, 12 children from 5 and 6 took part in a Tag Rugby Tournament with 2 other Wickford Schools.

Before the tournament, we were very lucky to have some coaching sessions from South Woodham Ferrers Rugby Club where we practiced passing, tagging and learning the rules of this complicated game.

Whilst we were unlucky not to win any games, there was passing and tagging and tries scored.

Well done to all the children that took part and thank you to the families who came along to support.



Passing skills



The Rules

A chance to represent the school at a variety of competitions!!

Dodgeball Competition

On the 19th October 21, our 5/6 Dodgeball team represented the school at a competition against Oakfield School. For some of the team it was their first time competing in a school event.

First, the children took part in some activities to practise the skills needed before playing 3 games. They were unfortunate not to win but there was definite improvement as the games went on. There was even some time at the end for Abacus to have a Year 6 v Year 5 tournament. After 3 very close games, Year 5 were the champions winning 2 out of the 3.

The children will now go on to represent Wickford in our Partnership final in November. Thank you to Beauchamps High School for providing the venue and parents for transporting the children.



Mini Athletics

It was the turn of our younger children to represent the school at a Mini Athletics event on the 4th November 2021 with 2 other Wickford Schools. 11 children from years 1 and 2 took part in 5 events—speed bounce, target throw, standing long jump, shuttle run and team relays.

They all performed with great enthusiasm, listened really well to the instructions given and all had a great time. Our Year 2 team came 1st place overall in the speed bounce, shuttle run and relay while our Year 1 team came 1st place in the standing long jump, speed bounce, shuttle run and relay.

We also had some individual winners: Mae 2nd best Year 2 girl; Louie 2nd best Year 2 boy; Samuel 3rd best Year 2 boy and in Year 1: Georgia 3rd best girl; Kieran 1st best boy and Stanley 2nd best boy.

The whole afternoon was run by Sports Leaders and our 5/6 Sports Ambassadors did a fantastic job not only explaining, demonstrating and supporting the children but also working out their scores. They showed great leadership skills and were a credit to Abacus.



Abacus Striders

To kick start the New Year, 20 children from KS2 have signed up to a 6 week programme of walking. Each Monday lunchtime, the group (Abacus Striders) will walk a distance of 1.92km (1.2miles), 2,500 steps around the top part of the Wick. This week they did it in just under 21 minutes and their aim is to get quicker each week.

Thank you to our Sports Ambassadors, Bella and Keira who are supporting the running of the group.



Abacus Striders

Our walking group—Abacus Striders, have now completed their block of 6 weeks walking around the week. Over the 6 weeks they took 4 minutes off their overall time!

Children who completed the full 6 weeks walked a total distance of 7.2 miles -15,00 steps. All children received certificates in assembly for their achievements. In addition they were also rewarded with a trip to Wick Country Park for a play session.



Abacus Striders

Well done to our walking group—Abacus Striders, who have now completed their block of 6 weeks walking around the week. Over the 6 weeks they took 3 minutes off their overall time!

Children who completed the full 6 weeks walked a total distance of 7.2 miles -15,00 steps. They were rewarded this week with a picnic lunch in the Wick Country Park followed by fun in the play area. All children received certificates in assembly for their achievements.



Abacus Striders

Well done to our walking group—Abacus Striders, who have now completed their block of 6 weeks walking around the Wick. Over the 6 weeks they took 3 minutes off their overall time! Thank you to our Sports Ambassadors Bella D, Kiera and Millie who helped with the running of the club.

Children who completed the full 6 weeks walked a total distance of 7.2 miles -15,00 steps. They were rewarded this week with a picnic lunch in the Wick Country Park followed by fun in the play area. All children received certificates in assembly for their achievements.



Abacus Striders is all about engaging children who wouldn't normally take part in physical exercise outside of school or take part in sporting competitions.

During their lunch hour, the children walk a mile around the local area. The children really enjoy going out and about and being active and hopefully building good habits for the future.

Multi Sport Festival



Multi-Sports Festival



On the 28th September 2021, 8 children from KS2 took part in our first sporting event of this year when they travelled to North Crescent Primary school

They got to try different activities such as kurling, goal ball and throwing at a target. They all had a great time participating alongside children from other Wickford Schools.

