

Governor Visit – Sports Provision

Tuesday 14th May 2019

Governor's Present – Sarah Metcalfe (parent governor) James Ellison (Chair)

At the request of the governing body to undertake a visit with a focus on sports provision we observed a PE lesson held outside on the sports field undertaken by Mr Dimmick, a School Games Organiser. Mr Dimmick teaches the children on a Tuesday afternoon (Class 1 - 1pm to 2 pm and Class 2 – 2pm to 3 pm). He then runs an after school sports club for those in Class 2.

We observed lessons with both Class 1 and Class 2 and discussed other sporting and physical activities provided by the school with Mrs Davey. We also reviewed lesson plans for KS1 to see what the children undertake throughout the year.

Observed lesson

All children were provided with water and had suncream applied prior to the lesson. The equipment the school has is of good quality and in good state of repair.

We observed Class 1 learning to throw overarm and appreciating the effect of adding in a run up. Not only were they taught the technique but they also enjoyed measuring their throws with the tape measure and trying to achieve personal bests.

Class 2 were focusing on relay races which incorporated a team working aspect. The children really encouraged each other and cheered each other on which was lovely to see.

All children were seen to actively participate in the classes and had a good rapport with Mr Dimmick, who clearly knew them well.

Other Activities

- **Golden Mile**
 - All children undertake the golden mile (14 times round the playground) before lessons. This helps them to release some energy such that they can then settle down and concentrate in lessons. The children choose to run, walk, skip, or hop etc.
- **Class 1**
 - Forest School on a Friday. This helps build their fine as well as gross motor skills and co-ordination in addition to developing team working and problem solving skills.
 - Dance with Mrs Davey – this is currently based around a story they are reading.

- Large apparatus – generally January to Easter time they work indoors on the large apparatus.
- **Class 2**
 - Dance sessions with Mrs Broadbent. I have watched some of their performances at community worship days.
 - Rounders with Miss Nicholls – Wednesday afternoons
 - Orienteering. Year 3 & 4 children have been working on a project with Newcastle University developing apps for orienteering.
- **Swimming**
 - The entire school attend for weekly swimming lessons at the Wentworth for 3 half terms a year.
- **Play time**
 - I have witnessed a few playtimes and the children make great use of the outdoor space to undertake active games eg football, space hoppers, tag etc. They have full access to the PE shed at playtime to encourage sporting activities.
- **Relax Kids**
 - They have had several sessions of 'relax kids' which will help with both their mental and physical health.
- **Energize Dance Company**
 - They are coming into the school this week to undertake a dance session with the children.
- **Competitive Games**
 - Years 3 & 4 have competed in tag rugby, skipping, gymnastics and tri-golf competitions against other schools.

Summary

Overall the sport and physical activity provision by the school is excellent and varied, as supported by the sports gold award. The children appear to all be engaged with and enjoy the multiple activities and opportunities available. The obesity rate amongst the children is very low which is a very positive finding. No concerns were raised.