

PE and Sport at Clifford Bridge Academy

Overview



At Clifford Bridge Academy, PE and sport is highly valued. Children are given the opportunity to experience a wide range of sports and physical activity through our carefully planned PE curriculum and an extensive after school club programme.

We believe that a combination of high quality physical education, active participation in clubs and carefully managed and modelled competitive sport can benefit every child. It improves children's health and fitness, builds character and confidence, embeds values such as fairness, teamwork and respect and ultimately develops essential life skills.

Physical Education

The popularity and effectiveness of PE at Clifford Bridge Academy continues to grow. Every child in school is involved in two curriculum PE lessons each week covering a range of physical activities, games and skills. This is supplemented by our extensive after school club programme and specifically structured break and lunch opportunities.



Within the curriculum PE there is a balance of different areas of physical development including a variety of games, multi skills, gymnastics and dance. In Key Stage 1, teaching focuses on developing fundamental movement skills, becoming increasingly agile, improving balance and co-ordination and working with others. Children also start to develop key physical movements including running, jumping, throwing and catching.



These skills and are then developed further in KS2, where children learn how to use, link and apply them to make action sequences of movement and complete general and sport-specific tasks. Children compare and evaluate their own and others' performances.

The specific areas of PE include:

Dance: the majority of our dance themes are closely linked with curriculum theme units. During these sessions children not only build upon their abilities to perform steps but also develop their choregraphical skills to create sequences independently and with their peers.



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 and rounders.

Sports

This year has already proved to be another really positive year for sport at Clifford Bridge Academy. Having been one of only a small number of schools in the area to achieve the silver level of Sainsbury's School Games Kitemark last year, we are set to achieve the standard again and have plans in place to push towards the gold level in the near future.



Our after school clubs cover a range of activities and are offered to children from Year 1 to Year 6. Our clubs currently include Zumba, gymnastics, netball, football, tennis, dodgeball, rugby, handball and badminton. These are delivered by a mix of teachers, specialist coaches and members of our school community (such as parents and governors). Some of these clubs run throughout the year and others are based on the recommendations of target focus groups of children.



We continue to build on our competitive sport too. Last year's football team came runners up in the Small Schools League and this year's team are on track to at least match that, having won all of their league games to date. We have also competed in the Allan Stokehill Shield, the Coventry Schools Indoor Competition and The East Coventry Year 3/4 football competition.

This year's netball club has enjoyed increased numbers and with the help and coaching of Mrs Male and Mrs Buswell, the girls came runners up at the Sainsbury's School Games Netball competition. We have also entered the School Games indoor athletics competition and will be competing in the Year 3/4 and 1/2 equivalents later in the year.



A new focus and drive this year has been around running. We recently participated in the Coventry Half Marathon Schools Challenge. 30 children completed the challenge with 3 children finishing in the top 30. This particular event really demonstrated the positive impact sport is having at Clifford Bridge Academy. Children encouraged each other as a team, strived for individual improvement, competed with others and raised over £1000 for the children's department at University Hospital.

