

# School PE News April 2017

As always we have had a busy year in Physical Education so far this year. Here is a snapshot of what we have been up to!

## Yoga Bugs

This year our reception and Year 2 children have taken part in the yoga bugs programme. Yoga bugs classes bring stories to life through specially designed moves and physical activities which are inspired by yoga. The children love having their own yoga mats to work on and they have had a great time combining fun with exercise, as well as listening to lovely stories.



As well as the physical benefits, yoga bugs has encouraged calmness and good listening skills. We look forward to having yoga bugs in school next year too!

## Dance Festival



After taking part in an after school club for 6 weeks, 22 children from year 2 were ready to perform in front of a large audience at the Celebration of Dance event hosted by Derby SSP at the Riverside centre. Their Jungle Book inspired dance was choreographed by Abbie Smith. The dance was fabulous and we would like to say a big thank you to Abbie for all of her hard work. The dance was so fun and made us all smile when the children performed it in assembly for the whole school. The children had a great time and we are all very proud of what they achieved!

### **Archery Competition**

This year Premier Sports have led an after school archery club with children from all classes and year groups taking part. After weeks of practice the children were ready to take part in an archery competition at Derby Moor School. The event was led by Premier Sports and was organised especially for infants schools to take part.

Miss Bevins and Mrs Dale were thrilled to be able to go and support the after school event, and were even more thrilled to see the

Ridgeway A and B team come both first and second in the competition! What an incredible achievement! Well done to the archery team!



### **Balance Bike Training – Cycle Derby**

Cycle Derby worked with all 3 reception classes, training them to use the balance bikes. This took place in groups of 10 to ensure children had the individual attention they needed. They were told about cycle safety and why they needed to wear a helmet and were introduced to the parts of a bike such as the seat and the brake. All children started on the balance bikes and had to push with both legs aiming to lift both legs up to show they had achieved balance. The second focus was whether they could use the brake instead of their feet to stop. If a child demonstrated both of these skills they were able to try the pedal bikes. Around 1-2 children in each group ended up graduating to the pedal bikes some of which had never been on before. The children loved using the balance bikes and we look forward to working with cycle derby again next year!

### **Baseline Assessments**

Following on from the success of last year's Ready Ssteady Go club, we have been working alongside Premier Sports again to complete some baseline assessments of the children's fitness.

Each class has completed a 3 minute continuous run to measure stamina and fitness. We have also included reception children in



this years

baseline too. As a result of these assessments 18 children were chosen to take part in weekly creative and engaging activities designed to get them working hard and to improve their stamina. As well as learning all about why sport and active lifestyles are good for us.

We have received very positive feedback from Premier Sports about how well the children have joined in and their positive attitude in the sessions. We would also like to thank Premier Sports for their on-going support towards the fitness of our children!

### **Year 1 FUNdamentals festival trip**

Through our partnership with Derby SSP we have been very lucky to be able to



take our year 1 classes on a sport orientated school trip at the Derby Tennis Centre. As part of the morning the children thoroughly enjoyed taking part in a variety of activities, including; football, karate, dodgeball and tennis. It was lovely to see our children so confidently taking part and having a go.

They represented our school brilliantly and showed off what good sportspeople they are. Class 4 watch this space – your turn is coming soon!

### **Olympic Visit!**

As part of our partnership with Premier Sports we were chosen as one of the very few schools to receive a visit from the Olympic medallist Marcus Ellis. Marcus wanted to inspire young sports people by showing off his medal and delivering an inspiring assembly for them. He then spent time answering some very thoughtful questions asked by our year 2 children before spending time on the playground playing with the bats and balls with our reception and year 1 children. It was a fantastic opportunity for the children to meet Marcus, and who knows, we may have even inspired some future Olympians! Thank you to Marcus for taking the time to come and see us!



## **On-going professional development**

At Ridgeway we place lots of importance on the continued professional development and this year we have used part of our Sports Premium to ensure that all of the teachers are up to date with the current PE curriculum and governmental focuses. We have had coaches from Derby SSP work with all KS1 teachers across a variety of sports. As part of the programme the coaches have delivered and planned a sequence of lessons alongside the class teachers in order to demonstrate good practice and progressions in PE. We are now up to date on dance, gymnastics and games.

We also had a very successful after school staff meeting in which 20 children from year 2 took part in a gymnastics lesson which was led by a coach from Derby SSP. The teachers were able to observe the session and develop our knowledge of how to assess and progress in gymnastics, whilst safely using the equipment. We all really enjoyed the session and the children are now enjoying some exciting gymnastics lessons.