

Swimming

Swimming is important because it's a life skill and could save your life. So it's better to learn when you are young.

Last year, Y4 went swimming with school and it was really fun. My favourite part was the free time part of a session, when we could play and jump off the diving boards. This helped build people's water confidence.

William E

Being active

At playtimes, you can be active by playing catching games like Scarecrow tag or joining in the running club or jumping. At lunchtime, the supervisors get equipment out like skipping ropes and balls and you can also do hopscotch.

During National Fitness Day, I felt happy, fit and wide awake.

The assembly and the 10 minutes of activity in class watching the videos and bending and stretching was really fun!

Esme L

Competitions and Festivals

Competitions and festivals get you fit and out and about! You don't have to be competitive in all of them. At Guiseley, we let everyone have a go. You need to believe in yourself and TRY YOUR BEST!

Some of the competitions and events we have entered recently are:

- Football matches
- Running events such as cross country and athletics
- Netball matches
- Tag rugby festivals
- Basketball festivals
- Cricket festivals
- Table tennis festival
- Multi-skills
- Aqua festival

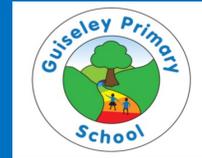
If you would like to find out more, visit the PE and Sport page under Curriculum on the school website! **Ben S**



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Physical Education, Sports and Physical Activity Policy



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Aims

Why do we do PE, physical activity and sport?

We need to take part in PE, physical activity and sport because:

- It's good for your brain
 - Keeps you active
 - Makes you smile
- It's good for your heart and muscles
- Team games are good for sportsmanship
 - It helps you sleep
 - It helps you believe in yourself
 - It helps you achieve
- It supports your digestive system and metabolism
- Some children don't do much exercise so doing it at school is important

Charlie D

Sports Funding

Taking care of PE equipment is really important. We must look after our equipment and sports areas so that we can continue to enjoy physical activity.

With the Sports money we have bought:

- New equipment such as the full-size table tennis tables, bats and balls.
- Support from qualified coaches such as:
 - Leeds Rhinos
 - Guiseley FC
 - Sarah Clarke
 - Airienteers
 - Den Building
 - Fisical

We have really enjoyed having experts coaching us in different sports.

In the future, we would like to get a Muilt-Use Games Area (MUGA) at the back of school.

Every other year, we raise money for Sports Relief, which is always great fun!

Rosie W

Health & Safety

In PE lessons, it is really important to warm up because if we don't, we may injure ourselves badly. Some of the warm ups we do are:

- Star jumps
- Jogging
- Dishes and domes
- Scarecrow tig
- Banana split/Sharky shark
 - Stretches

We must wear our PE kits because it represents our school. Our PE kit is:

- Black PE skirt or shorts
- Black jogging pants
- White PE shirt with school logo on
- Blue school hoodie with logo

Long hair must be tied back or it could pull or catch on something or get in your eyes and cause an accident.

We can have PE lessons in the hall, playground or on the field. The area would be coned off if there were any dangers and we check for uneven ground.

Always listen to the teacher's instructions!

Charlie D