

## PE and Sport at Clifford Bridge Academy

### Overview



At Clifford Bridge Academy, we continue to place the upmost emphasis on PE and Sport. We aim to provide our children with a positive experience of physical activity, a strong understand of health and well-being and opportunities to take part in competitive sport. This is achieved through a wide range of sports and physical activity as part of our carefully planned PE curriculum and an extensive extra-curricular club program.

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. We are increasingly using PE and Sport as a vehicle for whole school improvement and individual development.

### Physical Education

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



Within the curriculum P.E. 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.

### **Accreditation**

As part of our efforts to ensure that our PE is as effective as possible, this year we signed up with the Youth Sport Trust. Their accreditation kitemark focuses on the curriculum side of PE and Sport and we delighted to confirm that we received our Silver Award for the academic year. We have also outlined the steps needed to achieve the Gold Award next year.



## Sports

This year we have built on the fantastic work of previous and really reached new heights. 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 Gold Kitemark this year!



Our afterschool clubs cover a range of activities and are offered to children from Year 1 to Year 6 and over 80% of children have attended a club this year. Our clubs have include Zumba, gymnastics, cheerleading netball, football, tennis, dodgeball, rugby and golf. In addition to this, we have introduced clubs at lunchtime, with the most popular of these being our running club. These are delivered 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 have continued to build on our competitive sport and have a growing reputation across the city. Last year's football team won the Small Schools League, came runners up in the Allan Stokehill Shield and the Harry Shaw Cup and reached the final of the David Moore Rally. In addition to this our Year 4 football team won the Coventry East competition and the Coventry, Solihull and Warwickshire competition to take the crown of county champions. In addition to this, we also won our heats in both the Year 2 and Year 4 athletics Schools Games competitions.



This year's netball club has more than doubled in numbers. With the help and coaching of Mrs. Male and Mrs. Buswell (for our Year 5/6 group) and Miss Crossland (for our Year 3/4 group) we have had nearly 30 children taking part in netball each week since September. We are now planning to enter the netball league for next year too.

Following the success enjoyed last year, we have extended our running club to incorporate more year groups and more children. We took 60 children to this year's Doly Moch Mile Challenge, which represents a doubling of the number of children. In addition to this, we have extended our in-school running club to include both Years 1 and 2. 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 nearly £1000 for Doly Moch.

### Whole School Involvement

As part of our commitment to utilising clubs as an extension to our curriculum, we have also increased the range of clubs on offer at school. Some of these involve being active in very different ways and have also proved extremely popular. Being able to offer clubs such as 'Lets Get Cooking' and Gardening Club enables us to ensure healthy lifestyles through alternative measures.

We are particularly proud of how Sport is used as a reflection of our school. On numerous occasions through the year (particularly following various football finals), other schools have commented on the fantastic character, sportsmanship and respect that our children, staff and parents have shown. Similarly, we have used Sport as a vehicle to help behaviour in school. A particular example is a special carousel of activities for our Year 1 cohort involving coaches from Coventry Rugby Club.

We rounded this year off with another fantastic Sports Day. This year, the PTFA joined us throughout the day and then ran their summer event as an extension of Sports Day, once again demonstrating how every stakeholder in the school is behind our focus on PE and Sport. We continue to consult with children and parents on how we can improve things even further. It was fantastic that this year we were able to send out information to parents, detailing how we had responded to their ideas. During our recent Parent Voice, many parents commented on how we continue to offer more and to a greater quality. They were

also thrilled that we had acted on their request for a sports trip as we attended an ICC Trophy match at Edgbaston.