PE, Sport and Healthy / Active Lifestyles at St. Peter's R.C Primary School.

By Dominique Lynch –
PE Subject leader.

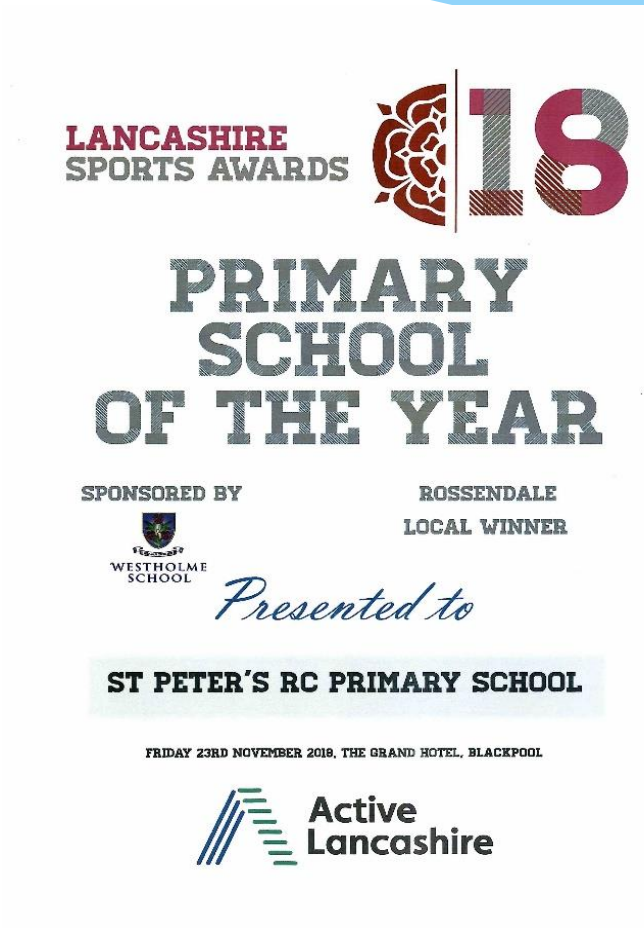
My role in school…

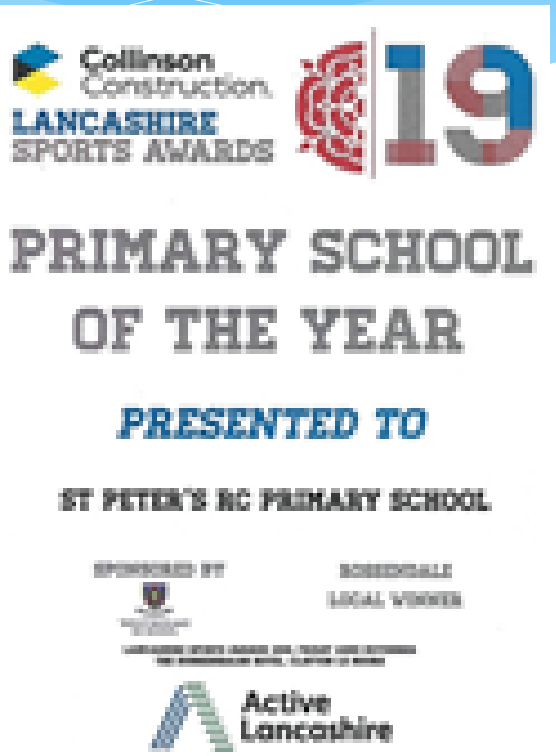
* Year 4/5 teacher
* Safeguarding lead
* Early Career Teacher (ECT) mentor
* Student mentor
* PE subject leader
* Forest schools leader
* PSHE subject leader

Most recent accolades…









Previous years achievements…



What would you do with five more years?
https://www.youtube.com/watch?v=BmOlzRQTabA
The message behind this video is clear that the possibilities are endless -- as long as we provide a gentle push to literally keep our children healthy and active.

* Our vision: ALL pupils leaving St. Peter's RC Primary School (now and in future years) have had positive, memorable experiences in PE, sports and other physical activities. All pupils are physically literate and have the knowledge, skills and motivation necessary to equip them for a healthy, active lifestyle and lifelong enjoyment and participation in physical activity and/or sport.

* We are proud that every year we achieve our mission!

We are extremely proud to say…

* Every single child in the whole school took part in at least 1 competiton, event or festival. Some children took part in more than 10. Wow!

* Every child in the whole school was given the chance to take part in an after school club. Many children took part in more than 5 clubs a week!

* Every single year 6 child left school with a passion or real love for a sport or physical activity.

PE and Sport Premium funding.

We receive £16,000 plus £10 per child.

The sports premium funding has been spent on making additional and sustainable improvements to the provision and quality of PE and sport that we offer. This has benefitted all pupils by encouraging the development of healthy, active lifestyles. It is of high importance to us, that the focus of our spending leads to maximum, long lasting impact that will live on well beyond the Primary PE and Sport Premium funding, therefore benefitting pupils that will join the school in future years.

The full sports premium reports since 2013 as well as the action plan for the current school year are on the school website.



KS1 PE lessons













KS2 PE













Continuous provision















Swimming and water safety National Curriculum results…

* 2014/15 – 58% achieved all requirements
* 2015/16 – 66% achieved all requirements
* 2016/17 – 72% achieved all requirements
* 2017/18 – 85% achieved all requirements.
* 2018/19 - 68% achieved all requirements.
* 2019/20 - 45% achieved requirements due to lessons being only 6 weeks of 1hr lessons and not a full term of 30min lessons.
* 2020/21 – 71% which is an amazing result considering the fact that we had a partial school closure due to covid19 and the swimming baths were closed for most of the year.
* 2021/22 - 41% We feel that this year group was the most affected by Covid and school/pool closures.

We ensure that all pupils are engaged in regular physical activity.

The Chief Medical Officer's guidelines recommend that all children and young people aged 5 to 18 engage in at least 60 minutes of physical activity a day, of which 30 minutes should be in school.

We aim for 60 minutes a day in school (of which 30 must be vigorous) and this is on top of their 2 hours PE.

How do we achieve this?

* Active breakfast club and Keys after school club.
* Physical activity in other subjects
* Active classrooms
* Continuous provision in KS1
* Wake and shakes
* Daily jogs
* Regular brain breaks
* Yoga/mindfulness
* Karate
* Extra curricular activities
* Active playground at break and dinners – playleaders and trained staff
* Football and climbing frame rotas
* Virtual competitions
* Other fun and physical activities including…

School sports crew



Year 6 sports captains



Outdoor and adventurous activities





Forest schools









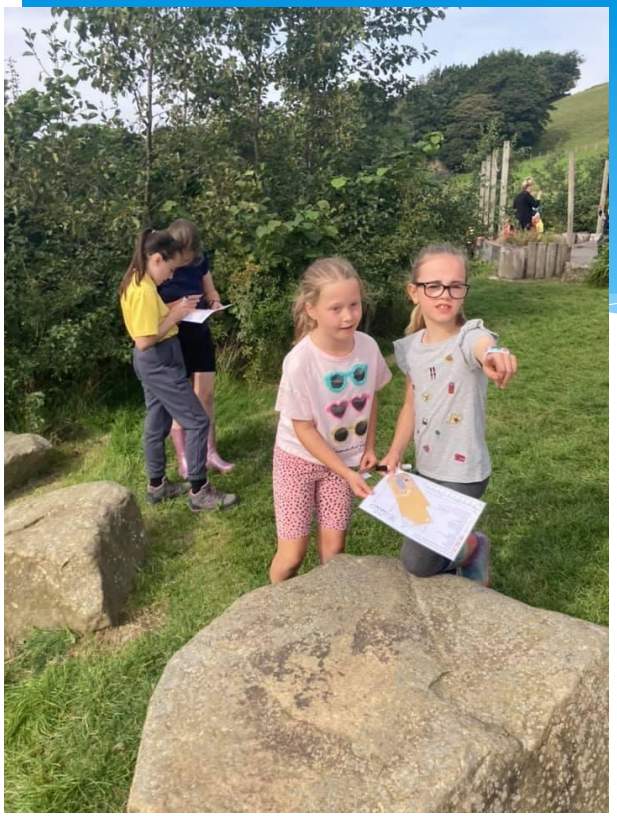








Orienteering













Active play times!












2m
1.5m
1m
0.5m









2021/22 SCHOOL SPORTS CLUBS. Summer Term.

	CLUB	YEARS	TIME	COACH	STAFF	DATE S	EXTRA INFO
Monday	Dance and Drama	Years 1—6	3:30—4:30	Mrs Den-ton	Mrs Denton	All year!	Showcases at end!
Monday	Street dance	KS1	3:30-4:30	Rebecca	Miss Lynch	9th May-27th June	6 sessions
Monday @ All Stars	KS2 Girls football	KS2	3:35—4:45	Martin	Martin	TBC	TBC
Tuesday	Athletics	KS2	3:30—4:30	Paul (RLT)	Miss Green	3rd May— 12th July	9 sessions
Wednesday @Marl Pits	Football (max 16)	KS2	3:35—4:35	Darryl (RLT)	Parents to supervise	4th May-13th July	9 sessions. £3.00 per session
Wednesday before school	Gymnastics	KS2	8:10—9:00	Coach Hayley	Miss Haworth	4th May —13th July	9 sessions. £3.00 per session
Wednesday @ All Stars	KS1 football	KS1	3:35—4:45	Martin	Martin	TBC	TBC
Thursday	Running	KS2	3:30—4:30	TBC	Miss Lynch	5th May-14th July	9 sessions
Friday before school	Tennis	KS2	8:00-9:00	Dan	Miss Lynch	29th April-15th July	10 sessions

Clubs this year…

Autumn 1

Day	Time	Sport	Age Group	First Session	Last Session	Number Of Sessions	Coach
Monday @ Marl Pits	3.35-4.35	Football	Ks1 upto 16	13th Sept	18th Oct	6 (£32 per session)	Lewis & Dom
Wednesday@ Marl Pits	3.35-4.35	Football	KS2 16	14th Sept	19th Oct	6 (£32 per session)	Lewis
Tuesday	3.30-4.30	Athletics	Y3/4	14th Sept	19th Oct	6	Paul
Wednesday	8.00-9.00	Gymnastics	ks2	15th Sept	20th Oct	6 (£30 per session)	Hayley
Thursday	1.20-2.10	FMS KS1 assessment	Year 1/2	9th Sept	21st Oct	7	Daniel
Thursday	2.10-3.00	Invasion games	Year 4/5	9th Sept	21st Oct	7	Daniel
Thursday	3.30-4.30	Athletics	Y5/6	16th Sept	21st Oct	6	Beth

Autumn 2

Day	Time	Sport	Age Group	First Session	Last Session	Number Of Sessions	Coach
Monday @ Marl Pits	3.35-4.35	Football	Ks1 upto 16	1st Nov	6th Dec	6 (£32 per session)	Lewis & Dom
Wednesday@ Marl Pits	3.35-4.35	Football	KS2 16	2nd Nov	7th Dec	6 (£32 per session)	Lewis
Tuesday	3.30-4.30	athletics	Y3/4	2nd Nov	7th Dec	6	Paul
Wednesday	8.00-9.00	Gymnastics	ks2	3rd Nov	8th Dec	6 (£30 per session)	Hayley
Thursday	1.20-2.10	FMS	Year 1/2	4th Nov	16th Dec	7	Daniel
Thursday	2.10-3.00	Invasion games	Year 4/5	4th Nov	16th Dec	7	Daniel
Thursday	3.30-4.30	Badminton	Year 5/6	4th Nov	9th Dec	6	Beth

Spring 1

Day	Time	Sport	Age Group	First Session	Last Session	Number Of Sessions	Coach
Monday @ Marl Pits	3.35-4.35	Football	Ks1 upto 16	10th Jan	7th Feb	5 (£32 per session)	Lewis & Dom
Wednesday@ Marl Pits	3.35-4.35	Football	KS2 16	11th Jan	8th Feb	5 (£32 per session)	Lewis
Tuesday	3.30-4.30	Tri - golf	Y5/6	11th Jan	8th Feb	5	Paul
Wednesday	8.00-9.00	Gymnastics	ks2	12th Jan	9th Feb	5 (£30 per session)	Hayley
Thursday	1.20-2.10	Games	Year 1/2	6th Jan	10th Feb	6	Daniel
Thursday	2.10-3.00	Striking and fielding games	Year 4/5	6th Jan	10th Feb	6	Daniel
Thursday	3.30-4.30	Tri - golf	Y3/4	13th Jan	10th Feb	5	Paul

Spring 2

Day	Time	Sport	Age Group	First Session	Last Session	Number Of Sessions	Coach
Monday @ Marl Pits	3.35-4.35	Football	Ks1 upto 16	21st Feb	28th March	6 (£32 per session)	Lewis & Dom
Wednesday@ Marl Pits	3.35-4.35	Football	KS2 16	22nd Feb	29th March	6 (£32 per session)	Lewis
Tuesday	3.30-4.30	cricket	Y5/6	22nd Feb	29th March	6	Paul
Wednesday	8.00-9.00	Gymnastics	ks2	23rd Feb	30th March	6 (£30 per session)	Hayley
Thursday	1.20-2.10	Games	Year 1/2	24th Feb	31st March	6	Daniel
Thursday	2.10-3.00	Striking and fielding games	Year 4/5	24th Feb	31st March	6	Daniel
Thursday	3.30-4.30	cricket	Y3/4	24th Feb	31st March	6	Paul

Summer 1

Day	Time	Sport	Age Group	First Session	Last Session	Number Of Sessions	Coach
Monday @ Marl Pits	3.35-4.35	Football	Ks1 upto 16	9th May	23rd May	3 (£32 per session)	Lewis & Dom
Wednesday@ Marl Pits	3.35-4.35	Football	KS2 16	3rd May	24th May	4 (£32 per session)	Lewis
Tuesday	3.30-4.30	tennis	y3/4	3rd May	24th May	4	Paul
Wednesday	8.00-9.00	Gymnastics	ks2	4th May	25th May	4 (£30 per session)	Hayley
Thursday	1.20-2.10	Athletics	Year 1/2	28th April	26th May	5	Daniel
Thursday	2.10-3.00	Athletics	Year 4/5	28th April	26th May	5	Daniel
Thursday	3.30-4.30	tennis	y5/6	5th May	26th May	4	

Summer 2

Day	Time	Sport	Age Group	First Session	Last Session	Number Of Sessions	Coach
Monday @ Marl Pits	3.35-4.35	Football	Ks1 upto 16	13th June	11th July	5 (£32 per session)	Lewis & Dom
Wednesday@ Marl Pits	3.35-4.35	Football	KS2 16	14th June	12th July	5 (£32 per session)	Lewis
Tuesday	3.30-4.30	Cross country	KS1	14th June	12th July	5	Paul
Wednesday	8.00-9.00	Gymnastics	Ks2	15th June	13th July	5 (£30 per session)	Hayley
Thursday	1.20-2.10	Athletics	Year 1/2	16th June	14th July	5	Daniel
Thursday	2.10-3.00	Athletics	Year 4/5	16th June	14th July	5	Daniel
Thursday	3.30-4.30	Cross country	KS2	16th June	14th July	5	

Weekly street dance club for KS1

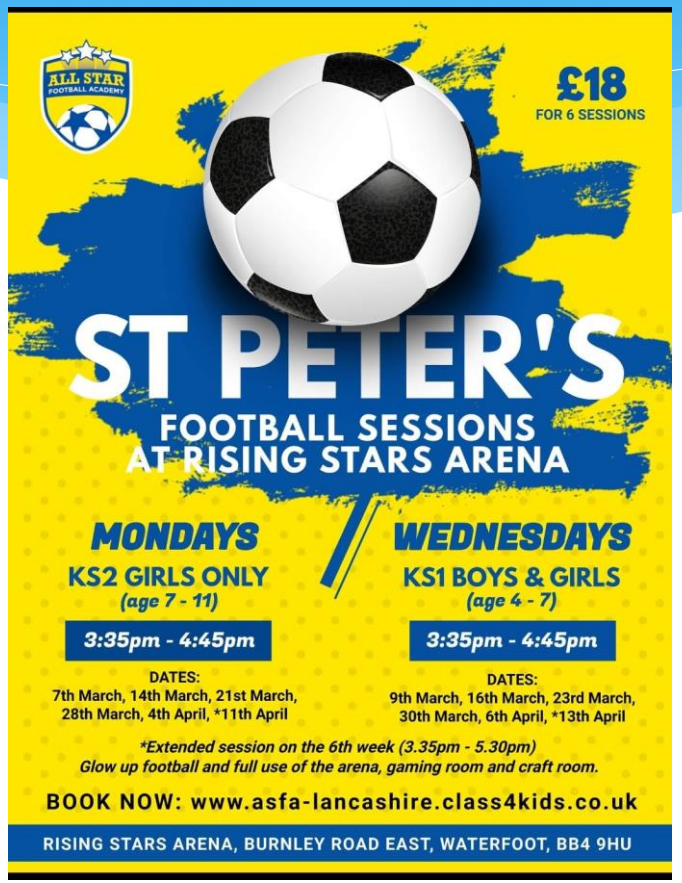


Weekly Gymnastics before school club with Coach Hayley



One of my key priorities this year is to ensure an inclusive experience for all girls and we have pledged our commitment to provide equal access for girls and to grow girls football.





St. Peter's took part in the #LetGirlsPlay National Campaign. The aim is to get as many girls as possible playing football today. Every single girl in our school played football on this day and they all thoroughly enjoyed it!

Competitions

We have increased participation in competitive sport.

* At St Peter's our Competition offer is extremely inclusive ensuring that by the time a pupil finishes primary school they will have represented our school in a number of inter competitions. We cater for all ages, abilities and interests offering a wide range of sport competitions to take part in.
* Every year, we aim to take part in every competition offered to us as well as inclusion events (targeted at pupils that are either less engaged, SEN or have a physical disability) and celebration festivals.

* Our results for this year…(see next slide)

KS2 boys table tennis qualifiers – 1st, 2nd, 4th and 4th. One boy came in the top 8 of all the boys in Rossendale!





Dance competition at St. George's Hall - 2nd place

https://youtu.be/9edEECTVWFo













KS2 girls table tennis qualifiers – 1st, 2nd. 4th and 4th
One girl came in the top 8 of all the girls in Rossendale.



Race to Lapland…



* St Peter's came 1st place out of all Rossendale Schools for the Race to Lapland. We logged over 8000 miles as a whole school and received a £400 voucher to spend with a local physical activity provider.
* We've booked Abigail's trails for Enrichment week.

Y3/4 athletics 3rd

Y5/6 athletics – 2nd

Y5/6 basketball - A team came 3rd, B team came 4th and C team came 5th



Y5/6 football – 2nd place



Y3/4 football qualifiers – 1st. Finals – 2nd



Y5/6 girls football – 4th place and medal from HG&LFC









* A beautiful evening for our Y3/4 tri golf festival which took place at Alder Grange High School last night. 2nd place was awarded to our A team and 3rd place to our B team. The children learnt so many new skills whilst having a fabulous time! ⛳





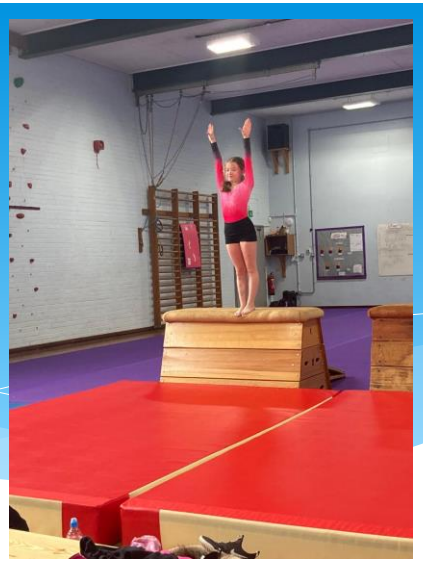


* Our fabulous Y3/4 gymnasts performed incredibly well at their competition this evening. 1st place was awarded to one of our teams. 🏆
  Well done to everyone involved! They were up against some incredible talent so should be very proud of themselves! 👏 🤸‍♂️🤸 👏 🤸‍♀️🤸 👏

* 2nd place to our amazing Y5/6 gymnasts this evening. An incredible performance and brilliant team spirit from everyone who took part. 🏻 ♀🏻 🏻 ▩♂🏻









* Another incredible performance…
  These 3 wonderful girls competed in the club gymnast's competition this evening. They don't even attend a club outside of school but were encouraged to enter as they are at the same standard as club gymnasts. Just wow! 😍 🙌 🤸‍♀️ 🙌 🤸‍♂️ 🙌

Virtual competitions…

* All KS1 entered the gymnastics competition and learnt the floor routine and the vault.
* We came 1st place for this!





* Our 2 amazing cricket teams were awarded 2nd and 4th place in the Y3/4 cricket competition last Monday. 🏏🏏🌟 Well done to all!





* Our 2 Year 5/6 orienteering teams had an exciting evening competing at Marl Pits last night. Awarded 1st place overall for the quickest team. They showed perseverance and skill whilst smiling throughout. We're very proud of you all! ⭐ ⭐

New football kit…





* Year 4 football league…
* Yesterday evening, this brilliant bunch played exceptionally well resulting in a 3-2 win against St. Paul's, Constable Lee. Both teams showed sportsmanship and respect.
* A great game had by all! ⚽ 🏆 🥇 ⭐



2022 Cross Country Competition Results.

Overall results:

St Peters 3rd place (an unbelievable achievement for our small school).

Year 5/6 Boys Race – 1.25 miles. (152 boys ran altogether)

Name	Place	Year group and other i
Thomas	25	Yr 5 Lancs finals
Romey	42	Yr 5
William	78	Yr 6
Archie	86	Yr 6
George C	123	Yr 5
Ben	126	Yr 6
Joseph	132	Yr5
Ethan	148	Yr5

Year 5/6 Girls Race – 1.25 miles. (205 girls ran altogether)

St Peter's achieved 1st place overall in the year 5/6 Girl race.

Name	Place	Year group and other i
Alice	1	Yr 6 Lancs finals
Alivia	7	Yr 6 Lancs finals
Eva S	10	Yr 6 Lancs finals
Sophie L	12	Yr 5 Lancs finals
Coco	15	Yr 5 Lancs finals
Bobbie	16	Yr 6 Lancs finals
Chloe	17	Yr 6 Lancs finals
Rosie	29	Yr 6
Eva W	33	Yr 5
Sienna	61	Yr 5
Sophie T	64	Yr 5
Erin	67	Yr 6
Poppy	81	Yr 6
Holly	85	Yr 5
Taylor	128	Yr 5

Year 3/4 Boys Race – 1 mile.

(189 boys ran altogether)

St Peter's achieved 1st place overall in the year 3/4 boys race.

Name	Place	Year group and other info.
Dan	1	Yr4
Seb G	8	Yr4
Leighton	9	Yr4
Hugo	84	Yr3
Jonah	122	Yr4
Sebastian F-M	132	Yr4
Frankie	141	Yr4
Finley	189	Yr3

Year 3/4 Girls – 1 mile.

(150 girls ran altogether)

Name	Place	Year group and other info.
India	3	Yr4
Coco S	29	Yr4
Niamh	32	Yr4
Bonnie	42	Yr4
Tabetha	90	Yr4
Sophie L	107	Yr4
Annabelle	150	Yr4

* A lovely evening for the Y5/6 tennis competition! ☀️🎾
* All children performed exceptionally well whilst having lots of fun. 😍
* Our A team were awarded 1st place and are through to the finals this Wednesday 15th June. 🙌🤚 ⭐🏆
* Well done and thank you to everyone who took part!





* A challenging yet fun evening for our Y5/6 tennis team in the finals. They all played exceptionally well and were awarded 6th place. They should be so proud of themselves as they are among the top 24 players in Rossendale. 🎾 ⭐



* What an amazing afternoon at Marl Pits for our amazing swim team. 🏊
8 children took part in a fantastic Gala competing against 7 other schools. 🏊‍♀️
They showed resilience, determination, teamwork and great sportsmanship.
We are so proud of their efforts! 🏊‍♂️
No overall winners were announced but here are the individual race results for St. Peter's:
Girls Backstroke - 1st Place
Boys Breaststroke - 4th Place
Girls Freestyle - 4th Place
Relay Girls - 3rd Place
Relay boys - 3rd Place
Well done Team St Peter's 👐
❤️👐xxx

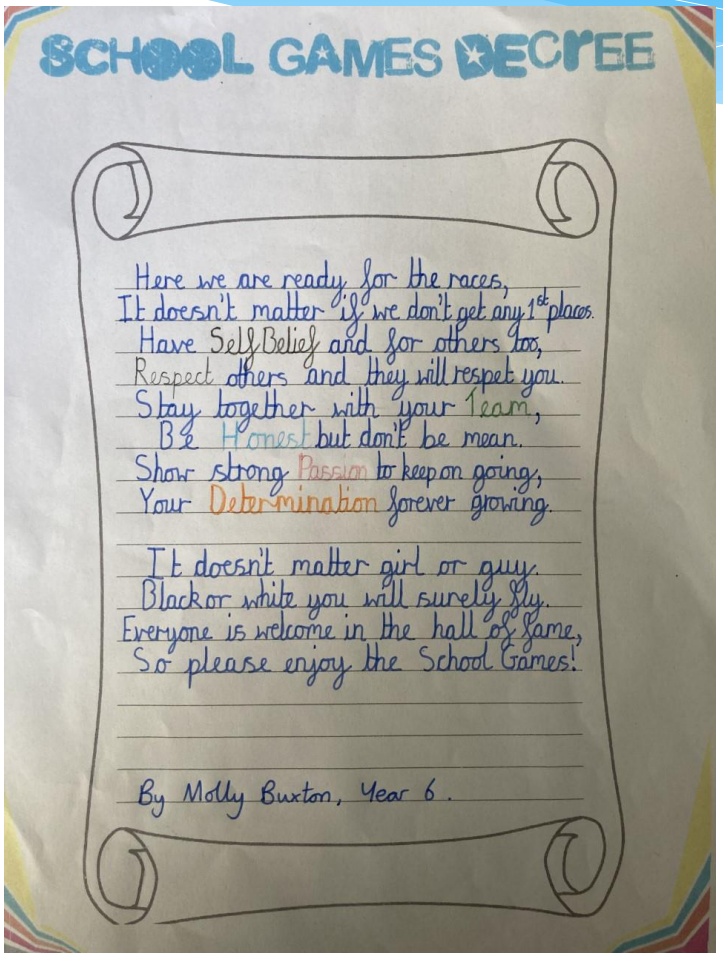


* A glorious morning at All Saints with our team of Year 4/5 athletes who competed in the Primary Schools Sports Day. We came 2nd out of the 7 teams ! Many thanks to our Catholic High School for organising and hosting such a great event!

We were very proud to be invited to the Lancashire School Games at Stanley Park, Blackpool. We represented team Rossendale.



Pledge Competition – This is Molly's pledge from Year 6. Her pledge was the best in St. Peter's and has been entered into the Rossendale competition.



SCHOOL GAMES DECREE

Here we are ready for the races,
It doesn't matter if we don't get any 1st places.
Have Self Belief and for others too,
Respect others and they will respect you.
Stay together with your Team,
Be Honest but don't be mean.
Show strong Passion to keep on going,
Your Determination forever growing.

It doesn't matter girl or guy.
Black or white you will surely fly.
Everyone is welcome in the hall of fame,
So please enjoy the School Games!

By Molly Buxton, Year 6.

Molly also read her pledge aloud at the start of sports day and at the start of the Mini Commonwealth Games!



Our final event of the year was the Mini Commonwealth Games. Our dance squad performed at the opening ceremony, Molly read out her winning sports pledge and our whole year 6 class took part in various activities like athletics, climbing, OAA and football throughout the day.





Celebration festivals, inclusion events and other events so far this year…

* Y3/4 Glow dodgeball festival
* Y3/4 athletics skill development festival
* Y5/6 athletics skill development festival
* Y6/7 transition glow dodgeball festival
* Change 4 Life festival
* KS2 inclusion athletics
* Y3/4 inclusion sessions with Dan the PE man
* Ollie's KS2 nurture sessions
* Children's mental health week
* Play leader training
* KS1 animal Olympics for the whole of KS1

TT Rockstar Day – active learning





Viking day – active learning



Active learning in other subjects









Health and well being day



Bikeability







* Yr 2 and Yr3 girls football with Haslingden Girls and Ladies FC – 2 sessions. All girls were amazing! If anyone wants to join then pop along to Marl Pits on a Saturday morning at 10am for a free taster session! ⚽

Life skills caravan / SCARF



Life Education
Aberdeenshire

coram
Life Education
SCARF

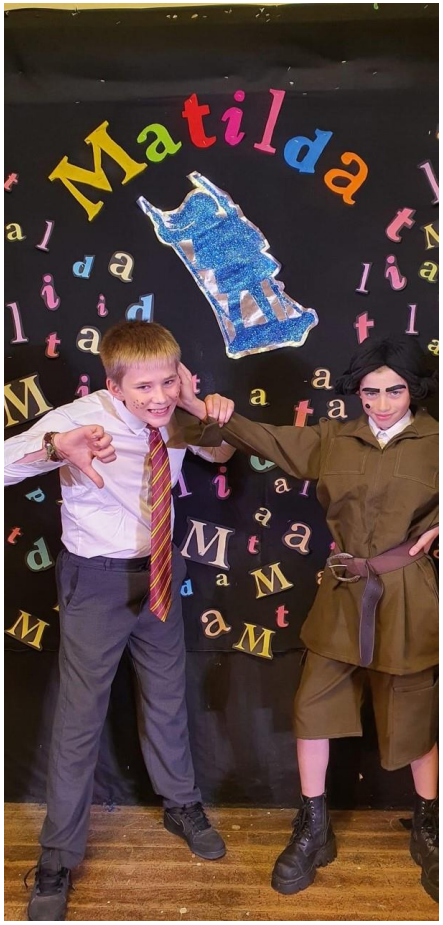


Mental Health Champions Training and sessions

We deliver KS1 and KS2 weekly sessions.



End of year KS2 dance production.















Change4Life Day

The sunshine beamed down on St Peter's allowing an absolutely dazzling Change4Life Day last week. It saw the children use every square inch of our stunning school and grounds for active and health-inspiring activities and learning. Aided by sporting experts Nathan Bibby, Hayley Hodgkinson and Claire Searle, each class took part in outdoor athletics, Ninja obstacle courses, karate, yoga and games. They even had to pedal a bike to make the liquidiser work to create delicious fruit smoothies! Woodland antics, lessons about healthy eating and dental hygiene added to the packed programme. An amazing day filled to the brim and 154 happy smiling children to boot!





* Schools must make time for sports, trips and clubs or risk prolonging the ‘loss’ of social skills caused by lockdowns, the head of Ofsted urges.

London 2022…





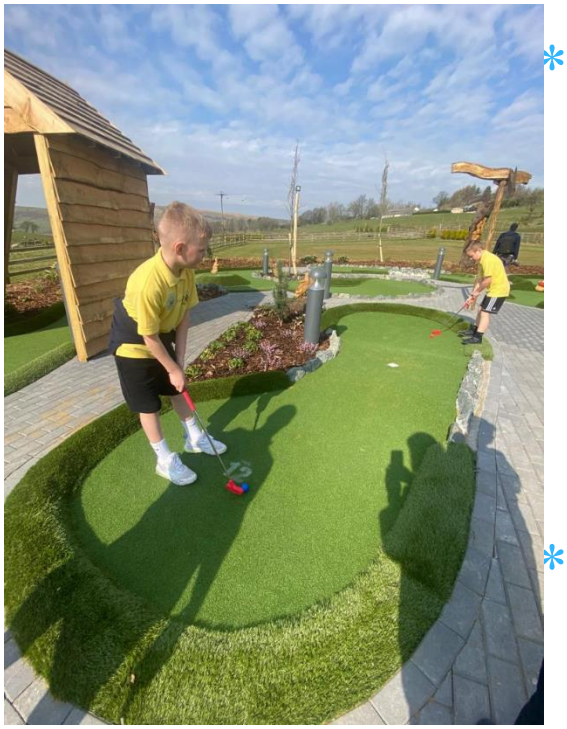












* WOW! What an amazing opportunity for some of our Year 4 children who have just returned from the grand opening of the brand new Adventure Golf course at Marl Pits.☀ ⍰♀They met the mayoress of Rossendale, played some crazy golf and even had a go on the driving range.
* The children have returned to school buzzing after such a wonderful, memorable and fun experience! ⛳ ⛳



* Here's our children with Tom Hamer (Paralympian) and a local five-year-old golf prodigy giving the new adventure golf course their seal of approvement!



Abigail's Trails 2.5 days





YR – Y4 trip to Martin Mere







PGL Robin Wood 2021



















* Our incredible dance squad performing at the Lowry Theatre at Salford Quays.

Year 5/6 Colour Dash





Y5/6 trip to the Squirrel's Lair Adventure golf and Rossendale Driving Range.





We've even had our own school photographer this year for sporting events!

Burnley junior parkrun's post

We are proud to introduce George from our junior parkrun family. 🌟
He's been guided by our resident photographer, David & is already showing real talent for photography.
From Sunday 5th June, George has kindly agreed to capture photos in our selfie frame so if you're happy for your child to be snapped at the finish and the photo to be published on our social media, please head over to George. 📸
We are so lucky to have two very talented photographer volunteers at our event. 🥰





The profile of PE and sport has been raised across the school as a tool for whole-school improvement. We know that unhealthy and unhappy children don't learn but children who move and play, grow and learn.

* Exciting energised sports has led to increased productive classroom time.



Quotes from the children about PE, Sport and Healthy Lifestyles:

* Ben Y6 “In Pe, we always learn lots of new skills.”
* Alivia Y6 “ I love having the opportunity to be a play leader as it puts smiles on peoples faces.”
* Erin Y6 “There are always different opportunities available and some or once in a lifetime experiences.”
* Molly Y6 “Sport is always positive and entertaining.”
* Ollie Y6 “The competitions Miss Lynch organises are amazing.”
* Eva Y6 “We are always pushed to our limits, whilst being helped if we need to improve.”
* India Y4 “I love all the competitions especially football. And I love that there is always something to do. We are never bored!”

* Sophie Y4 “In competitions we all support each other and even if we don’t win, we’re happy that we’ve taken part. I love how we try to include everyone in everything and if they don’t get a chance in one thing, they get a chance in something else.”
* Bonnie Y4 “I love dodgeball and it helps us with the sports values because you have to be honest.”
* Ellis YR “Our PE lessons make us strong.”
* Barney Y1 “I love running round the daily mile course. I can run fast and really far.”
* Patrick Y1 “It makes us healthy.”
* Kiera Y4 “We have amazing space to learn and the best woodland area.”
* Ava YR “Dancing with Mrs Denton makes me happy!”

Summary

* The Power of an active school…
* https://www.youtube.com/watch?v=8hxIFno8FiI

* PE is definitely a strength of St. Peter's RC Primary School and I will make sure it continues to be.