

A word cloud visualization featuring various terms related to physical education, teamwork, and learning. The words are arranged in a dense, overlapping cluster, with colors ranging from dark blue to light blue and green. The largest and most prominent words are 'physical', 'teamwork', 'education', 'fitness', and 'learning'. Other significant words include 'focus', 'drive', 'motivation', 'stronger', 'health', 'badminton', 'hockey', 'history', 'fast', 'athletics', 'life', 'golf', 'archery', 'rounders', 'tennis', 'lacrosse', 'hardwork', 'faster', 'balance', 'attack', 'squash', 'psychological', 'netball', 'volley', 'gymnastics', 'sport', 'orientteering', 'learn', 'enthusiasm', 'cricket', 'friendship', 'cheerleading', 'commitment', 'serve', 'table tennis', 'passion', 'defend', 'higher', 'kick', 'rugby', 'sweat', 'win', 'succeed', 'training', 'zumba', 'football', and 'teaching'.

physical teamwork education fitness learning focus drive motivation stronger health badminton hockey history fast athletics life golf archery rounders tennis lacrosse hardwork faster balance attack squash psychological netball volley gymnastics sport orientteering learn enthusiasm cricket friendship cheerleading commitment serve table tennis passion defend higher kick rugby sweat win succeed training zumba football teaching



Mission Statement:

To improve standards,
increase opportunities
and enjoyment in PE.



In one word describe PE at St Bernadette's?

good, great, competitive, excellent, fun,
exciting, wonderful, fascinating, enjoyable,
brilliant, amazing, incredible, delightful,
favourite lesson, healthy, tiring



What do you learn in PE?

We learn new activities that are fun to do.

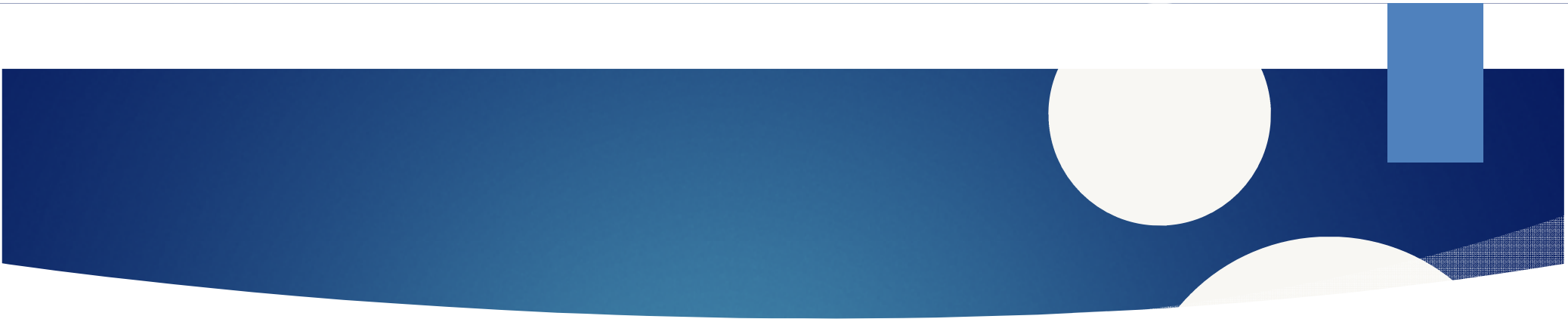
We learn skills and how to be better at sports.

We learn activities that help you feel strong.

We learn teamwork and how to help others.

We learn how the body works.

We learn exercises to make our hearts' healthy.



What are the
opportunities within PE
at St Bernadette's?

Quality PE Lessons and varied PE lessons



Extra-curricular clubs



Competitions / Fixtures



Sports Days



Inter school competitions



Physical Health Day



Enrichment - choice

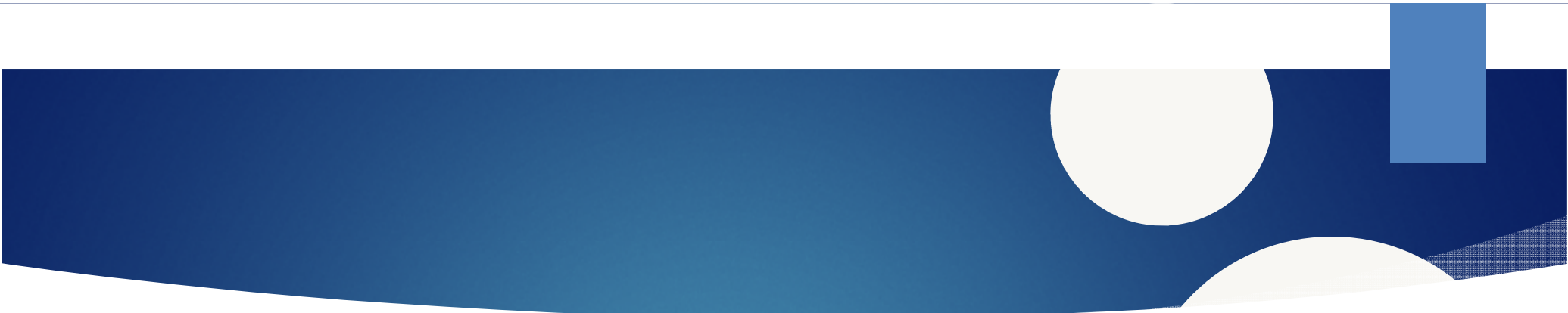


Cross Curricular DT and Science Cooking - Healthy eating Football in Maths




Worcester Warriors Rugby Project





What has changed
within PE at St
Bernadette's?

PE planning reviewed and updated

**Sports**

Unit 1 **Invaders**

Clear objectives

Lesson 3 **Year 6 • Champions**

Learning objective: • To pass and carry a ball using balance and co-ordination.

Learning outcomes: • To improve ball-handling skills.
• To be able to place a ball down as if scoring a try.

Prior learning: • Ball handling and moving with the ball (Lessons 1 and 2).

Vocabulary: • Try.

Equipment: • Rugby balls, cones, whistle, tag rugby belts.

Champions resources: • Champions movies: *rugby skills*.

Warm-up:
Snowmen
Two children are chosen to be 'snowmen'. The snowmen have a beanbag each and tag the other children by hitting them below the knee with the beanbag. Those who are tagged then join the snowmen. The snowmen cannot move while they have a beanbag but they may pass to each other.

Skills learning and development:
Organise the children into lines of four or five, one behind the other. The first person runs and puts the ball down on a line about 5m away, as if scoring a try. They continue to run to another line a further 5m away, turn, come back to pick up the ball and hand it over to the next person. Everyone in the team has a turn. Complete the activity a number of times.

Passing the ball
When a ball is passed in rugby, it must always go backwards. The teams start in a staggered line, passing the ball along the line. When the last player has the ball, the players turn round and repeat, always passing the ball backwards.

Put the children into pairs to practise passing. They start with the ball in both hands, using their fingers to control it. They look at the target – their partner's chest. They swing their arms in the direction of the target and use their hand and arm furthest from their partner to push the ball; their other hand should guide the ball. They loosen their grip, flick their fingers and wrists so that their fingers point towards the target and finally release the ball.

Build this up so that the children are walking or jogging while passing the ball. When catching the ball they need a stable base and to make a W with their hands so that the thrower has a target.


Application and practice:
Three-versus-one game
One player is the defender. The other three wear tags and try to score at a try line by placing the ball down on the line. They have to get past the defender, while the defender is aiming to tag the players. If the defender gets a tag, they shout "Tag!" and hand it back to the player. Once tagged, a player has to pass the ball backwards to another player. Change the defender so that they all get a turn. Ask: *Which side is most likely to win?*

Reflect and review:
Ask: *What do you need to do in order to make the pass successful?*

Challenge the children to explain why a stationary target is often easier to hit than a moving target.

Support
Start with one against one. If tagged, the player gives the ball to another player instead of passing it.

Extend
Use a smaller specific area to score a try.

**8**

Simplified
lesson plans

Game
specific

PE assessments reviewed and updated

Clear objectives - which match lesson objective

Less/more streamlined assessment statements

Adjust Scores									
Up Down									
		6 Working Towards	6 Working Towards	6 Working Towards	6 Working Towards	6 Working Towards	6 Working Towards	6 Working Towards	6 Working Towards
Stage 6 To understand the basic rules of tag rugby.	+	M	E	M	E	M	E	M	M
Stage 6 To work as a team, using ball-handling skills.	+	E	E	M	E	M	E	M	M
Stage 6 To pass and carry a ball using balance and co-ordination.	+	M	E	M	E	A	M	M	M
Stage 6 To use skills learned to play a game of tag rugby	+	M	E	M	E	M	M	M	M
Stage 6 To apply rules and skills learned to a game	+	M	E	M	E	M	M	M	M
Stage 6 To play in a mini tag rugby competition	+	M	E	M	E	M	E	M	M



Competitions

Catholic Sports

Football, Netball, Athletics, Swimming, Badminton and Tag Rugby

New Events

- ▶ Netball league
- ▶ Football league
- ▶ School games competitions
- ▶ Friendlies with Yardley, Rosary, Timberley and Hobmoor



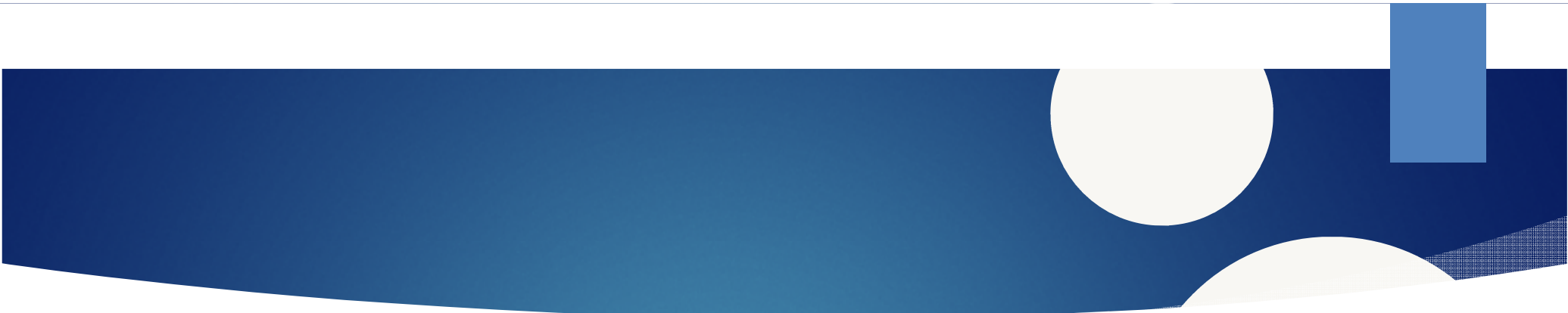
Links with Secondary Schools

- ▶ John Henry Newman
- ▶ Archbishop Illsley

Sports Premium

- ▶ The sports funding for the academic year 2016/2017 was £10,700
- ▶ As a school we already provide a high quality PE and Sport programme, and our intentions were that this funding would further enhance the existing provision in school.

<http://www.stberns.co.uk/pe>



How have we
spent the PE
Funding in
2016-2017?

What have we spent the money on?

2016-2017 £10,700 + £3613.42 = £14313.42

- ▶ Purchased equipment for lessons and clubs £481.71
- ▶ After school clubs (reduced session rate from £65 to £35) £4015
- ▶ League and competitions £205
- ▶ Physical Health Day (reduced the costs this year) £9537

Total remaining £74.71

What next?

PE has become a government priority so we need to consider...

- ▶ Specialised teaching
- ▶ Increase teacher confidence through training e.g. staff meeting, CPD course and team teaching
- ▶ Develop a G&T scheme
- ▶ Increase Secondary School Links (e.g. Illsley and JHN)
- ▶ Website to be updated with our Sporting Stars
- ▶ All staff to update Twitter with PE achievements in lessons and during events such as Sports Days
- ▶ Continue to attend competitions
- ▶ Attend some KS1 competitions
- ▶ Tackling obesity - link with DT/Science
- ▶ A mile a day scheme
- ▶ Swimming
- ▶ PE and Sport premium funding is increasing for 2017-2018 (tbc)

Questions

The header features a dark blue horizontal band with a wavy bottom edge. On the right side of this band, there are two overlapping white circles and a solid blue vertical rectangle. Below the dark blue band, there is a lighter blue area with a fine grid pattern.