

## Clubs

There are a variety of after school clubs available to children who are wanting to play games outside of their PE lessons or who just want to learn a new skill!

Children will be given opportunities to learn a range of skills as well as developing teamwork.

Some of the many after school clubs available are:

- Taekwondo
- Ballet
- Football
- Athletics
- Basketball
- Multi skills

## Swimming

In Key Stage 2, children receive swimming lessons for a year during their time at Viridis Schools. These continue throughout the year at a local leisure centre.

The lessons are delivered by fully qualified swimming instructors and children receive certificates for achievements including 5, 10 and 25m.

The swimming kit includes:

- Swimming costume
- Swimming cap or trunks (not shorts)
- Goggles
- Swimming cap
- Towel
- Gym bag

## Useful Websites

[www.youthsporttrust.org](http://www.youthsporttrust.org)  
[www.kidshealth.org](http://www.kidshealth.org)  
[www.nhs.uk/change4life](http://www.nhs.uk/change4life)



## PE Kit

- White T-Shirt
- Black/Green shorts
- Black plimsolls
- PE bag



# Physical Education (PE)

Exercise and physical activity is integral to a child's health and development. Regular physical activity helps children to:

- Feel less stressed
- Feel better about themselves
- Keep a healthy weight
- Build and keep healthy bones, muscles and joints
- Sleep better at night

Children who are physically active are also more alert in class which have positive benefits on their academic studies too.

### How much physical activity?

NHS guidelines say Children should do at least 60minutes of aerobic activity every day. This should include a mix of:

- Moderate-intensity activities: this means your child is working hard enough to raise their heart rate and break a sweat
- Vigorous-intensity activities: this means they're breathing hard and fast, and their heart rate has gone up quite a bit.

At school all children will have at least 60 minutes of PE each week.

# The Curriculum

## Key Stage 1

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.



## Key Stage 2

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

# Dance

Dance is a key focus of the new curriculum making up two thirds. In each year group, children will take part in dance twice a year, with each unit lasting 6 weeks. During the 6 week unit, children will learn a range of movements and will be encouraged to create their own dance routines, both individually and in groups. At the end of each unit, children will get the opportunity to showcase a final performance.



# Gymnastics

Each year group will complete one gymnastics unit, lasting one half term.

During the gymnastics unit, children will be developing their strength, suppleness, flexibility and balance through a range of activities.

Children have access to a wide selection of apparatus such as climbing frames, balance beams and vaulting horses to ensure they receive a full gymnastics curriculum.

# Games

Competitive sport is now a key aspect of the new curriculum. Children will learn the skills and rules of a number of different games and apply them to game situations.

The games that we learn are:

- Football
- Cricket
- Tennis
- Hockey
- Basketball
- Netball
- Volleyball
- Badminton



As a federation, we will be involving all children in inter-school sport competitions. Each year group will have a sport focus and they will compete against teams from all 3 of our schools.

# Cycling

London is a city of cyclists; in order to prepare our children for this, and keep them safe on the roads, they have the opportunity to complete a cycling proficiency course.

Children in Years 4 5 and 6 access a rolling cycling programme.

