

Key:

- FMS
- Social/affective
- Health
- Physical skills
- Thinking skills
- Mindfulness



Physical Activity Journey

Designed in conjunction with the Creating Active Schools (CAS) framework; embedding activity at the heart of Water Primary School's ethos. #ActiveSchoolsFramework

Primary PESSPA experiences empower pupils to:

- Aspire to become 'Sports Leaders' and represent sports teams confidently throughout their time in high school.
- Leave with increased physical literacy/knowledge of health and wellbeing and value the benefits of PESSPA, leading to lifelong participation.
- Continue to lead motivated and active lifestyles inspired by experiences of PESSPA, selecting GCSE PE as an option to work towards FE and/or a career in the sector.
- Be healthy, social, happy and active young people.

Inspirational Sporting Opportunities (ISO)

Throughout their time at Water Primary School, children will be given many opportunities to gain everlasting memories from inspirational sporting events and experiences. This could be scoring a goal at Turf Moor, watching sporting heroes live at Wimbledon or Old Trafford Cricket Ground, or catching the winning fish in a 'FishOMania' fishing event. These are shown as ISO's on the PA journey below.



All KS2 children visit the Leisure Box for SSG multisport activities and climbing.

Water School Core Values: RESPECT, RESILIENCE, SELF-BELIEF, ACTIVE & HEALTHY

PGL
WINMARLEIGH HALL
Year 6 Winmarleigh Hall PGL Adventure
Our Y5/6 children visit an adventure activity centre near the Forest of Bowland, Lancashire, accessing a bespoke programme of activities celebrating their personal development.

JOIN US: MOVE.PLAY.



Active Maths
now > press > play

Physically Active Learning PAL approaches continue throughout the curriculum where possible.

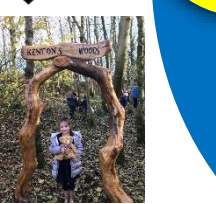


Forest School experiences continue in Kenton's Wood with Mr. Claxton throughout KS2. All children are timetabled for a weekly session and take part in outdoor learning experiences linked to the wider curriculum. Children take part in orienteering, fishing, cooking, team-building, den-making, gardening, construction and confidence building activities.

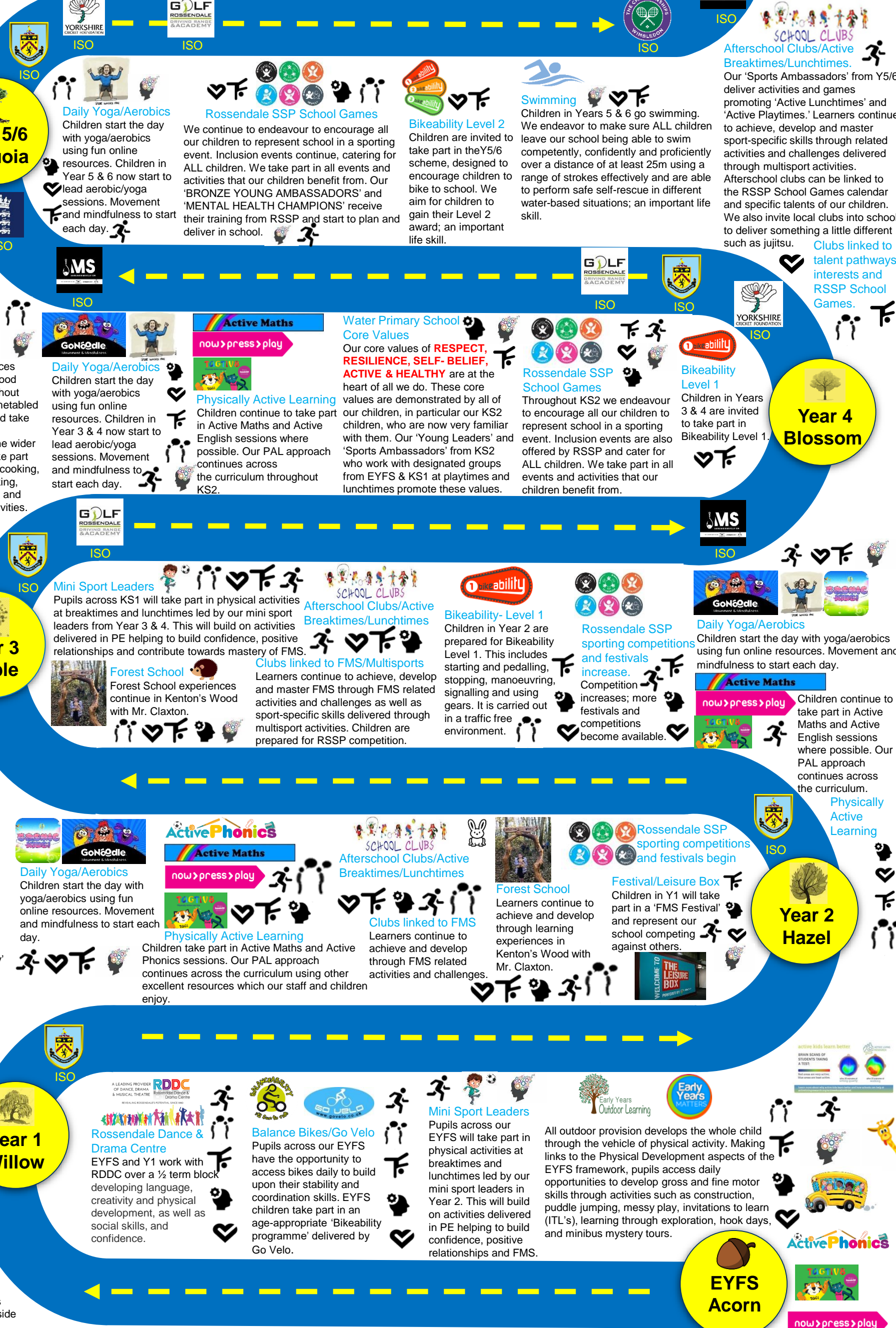


Leisure Box Children in Y2 will visit the Leisure Box towards the end of the academic year to show off their mastery of the FMS and take part in a multisport festival event.

Sports Day All children in school take part in 'Sports Day' held at the end of the academic year displaying their skills and talents to others. Families are involved too. #TeamWater



Forest School Every class in school is timetabled to learn outside the classroom with Mr. Claxton; an Outdoor Creative Practitioner and Forest School Leader. 'Forest School Sessions' start in EYFS in Kenton's Wood.



Year 5/6 Sequoia
Daily Yoga/Aerobics Children start the day with yoga/aerobics using fun online resources. Children in Year 5 & 6 now start to lead aerobic/yoga sessions. Movement and mindfulness to start each day.



Year 4 Blossom
Daily Yoga/Aerobics Children start the day with yoga/aerobics using fun online resources. Children in Year 3 & 4 now start to lead aerobic/yoga sessions. Movement and mindfulness to start each day.



Year 3 Maple
Mini Sport Leaders Pupils across KS1 will take part in physical activities at breaktimes and lunchtimes led by our mini sport leaders from Year 3 & 4. This will build on activities delivered in PE helping to build confidence, positive relationships and contribute towards mastery of FMS.



Year 2 Hazel
Daily Yoga/Aerobics Children start the day with yoga/aerobics using fun online resources. Movement and mindfulness to start each day.



Year 1 Willow
Rossendale Dance & Drama Centre EYFS and Y1 work with RDDC over a 1/2 term block developing language, creativity and physical development, as well as social skills, and confidence.



Rossendale SSP School Games
We continue to endeavour to encourage all our children to represent school in a sporting event. Inclusion events continue, catering for ALL children. We take part in all events and activities that our children benefit from. Our 'BRONZE YOUNG AMBASSADORS' and 'MENTAL HEALTH CHAMPIONS' receive their training from RSSP and start to plan and deliver in school.



Water Primary School Core Values
Our core values of RESPECT, RESILIENCE, SELF-BELIEF, ACTIVE & HEALTHY are at the heart of all we do. These core values are demonstrated by all of our children, in particular our KS2 children, who are now very familiar with them. Our 'Young Leaders' and 'Sports Ambassadors' from KS2 who work with designated groups from EYFS & KS1 at playtimes and lunchtimes promote these values.



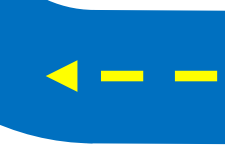
Forest School
Forest School experiences continue in Kenton's Wood with Mr. Claxton.



Forest School
Learners continue to achieve and develop through learning experiences in Kenton's Wood with Mr. Claxton.



Mini Sport Leaders
Pupils across our EYFS will take part in physical activities at breaktimes and lunchtimes led by our mini sport leaders in Year 2. This will build on activities delivered in PE helping to build confidence, positive relationships and FMS.



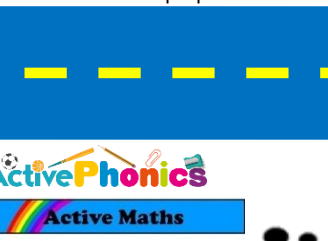
Active Maths
Children continue to take part in Active Maths and Active English sessions where possible. Our PAL approach continues across the curriculum throughout KS2.



Physical Activity Learning
Children take part in Active Maths and Active Phonics sessions. Our PAL approach continues across the curriculum using other excellent resources which our staff and children enjoy.



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Balance Bikes/Go Velo
Pupils across our EYFS have the opportunity to access bikes daily to build upon their stability and coordination skills. EYFS children take part in an age-appropriate 'Bikeability programme' delivered by Go Velo.



Bikeability Level 2
Children are invited to take part in the Y5/6 scheme, designed to encourage children to bike to school. We aim for children to gain their Level 2 award; an important life skill.



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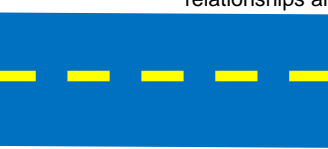
Bikeability- Level 1
Children in Year 2 are prepared for Bikeability Level 1. This includes starting and pedalling, stopping, manoeuvring, signalling and using gears. It is carried out in a traffic free environment.



Rossendale SSP sporting competitions and festivals increase.
Competition increases; more festivals and competitions become available.



Rossendale SSP sporting competitions and festivals begin



Swimming
Children in Years 5 & 6 go swimming. We endeavor to make sure ALL children leave our school being able to swim competently, confidently and proficiently over a distance of at least 25m using a range of strokes effectively and are able to perform safe self-rescue in different water-based situations; an important life skill.



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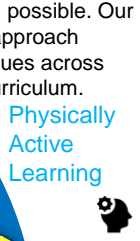
Afterschool Clubs/Active Breaktimes/Lunchtimes.
Our 'Sports Ambassadors' from Y5/6 deliver activities and games promoting 'Active Lunchtimes' and 'Active Playtimes.' Learners continue to achieve, develop and master sport-specific skills through related activities and challenges delivered through multisport activities. Afterschool clubs can be linked to the RSSP School Games calendar and specific talents of our children. We also invite local clubs into school to deliver something a little different such as jujitsu.



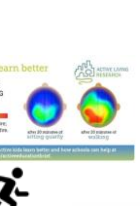
Clubs linked to talent pathways, interests and RSSP School Games.



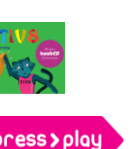
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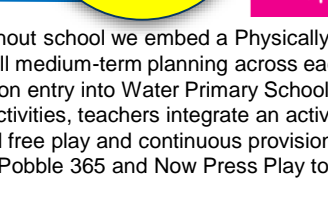
Every child in EYFS visits the 'Leisure Box' for a 'FMS Activity Day.' Children have the opportunity to experience the community leisure facility; indoor 4G pitch, indoor sports hall, cricket lanes, climbing structures and soft play area. FMS Festival AM/Creative Play PM. First opportunity to represent school, building confidence and resilience.



On entry into EYFS and throughout school we embed a Physically Active Learning (PAL) approach into all medium-term planning across each key stage. This PAL approach starts here on entry into Water Primary School. Children complete daily aerobics/yoga activities, teachers integrate an active PAL approach to phonics, structured free play and continuous provision and use educational resources such as Pobble 365 and Now Press Play to bring the curriculum to life.



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