

Key:

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



Physical Activity Journey 2022/23

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

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.



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.

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.

JOIN US: MOVE.PLAY.

Active Maths
 now > press > play

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

Forest School
 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.

Year 6 Sequoia
 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 3/4 Maple
 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
 Children in Y1 will take part in a 'FMS Festival' and represent our school competing against others.

Year 1 Acorn
 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.

EYFS Acorn
 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.

Year 4/5 Blossom
 Children in Years 3 & 4 are invited to take part in Bikeability Level 1.

Year 3/4 Maple
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