

Tutor Grange Samworth Academy

Sport Premium Funding

Physical Education lessons at Tudor Grange Samworth Academy Primary are delivered by Physical Education a specialist secondary staff and coaches form Football and Fitness. The sports premium funding has provided financial support to allow this arrangement. During lessons, pupil are expected to fully participate in the lesson (in a non-practical way during times of injury). The aims of these lessons are to ensure that all pupil:

- Develop their competence in a broad range of physical activities
- Are physically active for sustained period of time
- Engage in competitive sports and activities
- Lead healthy, active lives

Each year, pupils will participate in a unit of multi skills to improve their basic movement and fundamental sports skills. During this unit they will develop a range of skills including agility, balance, co-ordination, running, jumping, bouncing, throwing and catching.

Pupils will experience a variety of competitive games (such as basketball, cricket, football, rugby, netball, rounder and badminton) where they will have opportunities to apply the basic principles suitable for attacking and defending.

Units of gymnastics and athletics will allow pupils to develop their flexibility, strength, control and balance.

Pupils will experience a unit of dance where they will learn movement patterns and have the opportunity to choreograph their own phases.

Outdoor and adventurous activities (such as problem solving and orienteering) will give pupils opportunities to work individually and as a team to overcome physical and mental challenges.

Throughout all units, pupils will be encouraged to compare their performance with their previous ones and demonstrate improvement to achieve their personal best.

In KS2 pupils will receive swimming instruction for one hour per week for 10 weeks in year 3, 4 and 5 (Year 6 receive 8 weeks). During this time, pupils will be taught to:

- Swim competently, confidently and proficiently over a distance of at least 25 metres
- Use a range of strokes effectively
- Perform, safe self-rescue in different water based situation

Many pupils chose to extend their learning by participating in out of hours sports activities through the wider curricular programme (Wednesday multi-sports and Thursday tag rugby).