

Sport Report for Powerstock School Spring Term 2018

The beginning of term saw the continuation of the Daily Mile in Seatown with the other 2 classes participating more regularly. We have been aiming to record what is done so that we get a better picture of how many miles the whole school has completed. Seatown's aim was to beat last term's distance. Dr Sarah Kay has been supporting our work and encouraging us by giving us local contacts for organisations such as the fire service. We have identified how healthy lifestyles can be linked to activities beyond school or PE. With that in mind, we invited a local mum to share with us her training and reasons for competing in the London Marathon for the first time this year. We learnt about what she eats, how long she has trained for, how she will eat and run and keep track of her times during the race itself. We decided to dress up on Sports Relief week as a sports person in order to raise money for her charity – The Wessex Cancer Trust, a local cause. We raised over £50 but it did not stop there! A challenge has been set. Can the children, parents and staff run/walk/jog 26.2 miles either as a class or individually before we come back after the Easter break? In the last few days of term, both the Key Stage 2 classes have tried to run the Daily Mile for 30 minutes each day, double the usual time given. Everyone has risen to the challenge and in 3 days each class has run over 60 miles. What an achievement! Experiencing a prolonged run has led to discussions about how weather conditions affect runners, how difficult it is to keep a steady pace and how important it is to have other runners to encourage and build each other.

During our Sports Relief dressing up day, we saw pupils dressed as skiers, cricketers, dancers, cyclists, motor cross drivers, golfers, footballers etc. One boy came as an army physical trainer and managed to involve large numbers of pupils at break time doing sit ups, star jumps, press ups and running around the playground. The children were quite simply put through their paces. It was such a lovely sight to see! There has been so much learning and activity going on!

As our Forest School initiative gathers momentum, we have been able to develop links with our healthy lifestyles. We walked to the local woods to watch some tree felling in January. Walking to the venue and back one morning surmounted to approximately 2 miles and on the journey we were able to appreciate the countryside, learn to recognise the birdsong of a great tit; learn how trees grow and why they may need felling and fully appreciate the beautiful countryside that we live in. Yet again, we could all feel the mental benefits of being outside and growing our awareness of nature. We were able to talk to the lumberjack and find out how he learnt his skills. Links were made with the demands of the job and physical fitness and children are now aware that a lumberjack is a possible career open to them as adults and indeed creating with wood as an option too.

Within the school grounds, Forest School has been very active with the management of the willow structure and the chopping down of Leylandii trees along the boundary. Playtimes saw pupils from across the school helping to shift many wheelbarrows of

resulting woodchips to a safer area, another example of very physical work during break-times. The children were amazed at the temperature in the middle of the woodchip pile 2 days after it was created - 42°C – and much discussion ensued about why this was. When pupils have been involved in this kind of activity they are visibly smiling more and enthusiastic about what they have done and have a very positive approach to the next part of their school day.

The term ended with a visit to the Ancient Technology Centre at Cranborne. Although it complemented part of the Anglo Saxon topic, it focused on Forest School type activities such as fence making, chopping wood and ploughing fields. Children are increasingly aware of how inactive modern living is compared to life many centuries ago.

For the first time ever, the annual cross country inter school competition held at Colfox was opened to Year 3 as well as 4, 5 and 6. I was delighted that 4 pupils wanted to participate as a team. Including the Year 4, 5 and 6s we sent 14 pupils in all (50% of KS2) to the event. The very cold, wet and windy weather (including hail) was not conducive to running a mile across muddy fields, but every single runner demonstrated perseverance and endurance. It was wonderful to see one of our Year 6 boys come 10th out of 110 pupils and a year 4 boy, who was delighted to out-perform most of his fellow school mates!

2 boys from Y5 and Y6 were invited to take part in a Saturday basketball competition at Beaminster Secondary School at the beginning of February. Both boys had been noticed by our basketball coach last summer as having potential in this sport. They both took up the challenge and formed a team with pupils from other schools across West Dorset. They enjoyed it very much and one was very proud to announce that he had scored a goal!

It has been exciting to launch the after school keep fit club each Tuesday for parents, pupils, staff and the wider community. It has been run by Luke Hayter Fitness and allows pupils to see men leading the PE which is very important in an all-female staff school. The first week saw 5 parents and their children attend as well as all available staff. It was particularly lovely to see some dads as well as mums attend. To date, over ¼ of pupils have attended with parents at some point. Over ½ of these are regular attenders. The most we have had is 19 at any one session. There is now a member of the village who also regularly attends. It is hoped that whilst we have tried to encourage whole families and the community to join, we will now open it up as an after school club for the pupils to come along to, even if their families can't, as we are committed to improving the fitness levels of children.

PE lessons this term have included Action Van for KS1, dance/gymnastics and volleyball followed by an after school volleyball club for KS2. This was attended by 8 students. Years 3 and 4 have also had some Tri golf training in preparation for a festival next term.

The Year 3 and 4 class attended the Dance Festival at Freshwater. The theme this year was 'World Tour'. Cogden Class performed a Greek dance to 'Zorba the Greek'. The dance included some traditional Greek moves but was a challenging routine that required lots of sequences that involved cross lateral moves (that are thought to be linked to improved brain coordination and better academic performance), and working carefully to the beat of the music that sped up as the dance progressed! The whole audience got behind us clapping and cheering. It was a wonderful experience! 3 pupils were awarded certificates for their performances. The whole day was preceded by a chance to have a go at bowling. Every child was able to have a go and competition was fierce. For some, this was their first experience of the sport.

A Year 1 pupil wanted to share her achievements outside school when she attended a triathlon event one cold, wet January weekend. It's lovely to see very young pupils in our school take part in more unusual sporting events and want to share their achievements at school. This is another piece of evidence that shows the rising profile of PE and physical activity within our school.

Our Key Stage 1 class have been regularly been working on cross body exercises to help develop co-ordination and mental agility. They used videos to follow, and have performed one to parents and the rest of the school in assembly.

The darts board has been getting some good use as pupils have a go in 2s or 3s during break and lunchtimes. It's been a new experience for some and a great opportunity for others to use maths and calculator skills too!

In conclusion then, we may be a small school but PE is a big part of our everyday. Here's to an exciting and physical summer to come!

Spending the Sports Premium Money (January 2018 – March 2018)		
Transport to various events – Freshwater dance festival, cross country at Colfox	£100	<ul style="list-style-type: none"> • The engagement of <u>all</u> pupils in regular physical activity (indicator 1) • Broader experience of a range of sports and activities offered to all pupils (indicator 4) • Increased participation in competitive sport (indicator 5)
Action Van KS1	£456	<ul style="list-style-type: none"> • The engagement of <u>all</u> pupils in regular physical activity (indicator 1) • Broader experience of a range of sports and activities offered to all pupils (indicator 4)
Coaching (volleyball)	tbc	<ul style="list-style-type: none"> • The engagement of <u>all</u> pupils in regular physical activity (indicator 1) • Increased confidence, knowledge and skills of all staff in teaching PE and sport (indicator 3)

		<ul style="list-style-type: none"> • Broader experience of a range of sports and activities offered to all pupils (indicator 4) • Increased participation in competitive sport (indicator 5)
After school club for school and local community (Keep Fit Class)	£420	<ul style="list-style-type: none"> • The engagement of <u>all</u> pupils in regular physical activity (indicator 1) • Broader experience of a range of sports and activities offered to all pupils (indicator 4) • Increased participation in competitive sport (indicator 5)
Equipment (Dartboard and dance unit)	£14.95	<ul style="list-style-type: none"> • The engagement of <u>all</u> pupils in regular physical activity (indicator 1) • The profile of PE and sport being raised across the school as a tool for whole school improvement (indicator 2) • Broader experience of a range of sports and activities offered to all pupils (indicator 4) • Increased participation in competitive sport (indicator 5)
Training/upskilling of staff for Forest School including supply	tbc	<ul style="list-style-type: none"> • The engagement of <u>all</u> pupils in regular physical activity (indicator 1) • Broader experience of a range of sports and activities offered to all pupils (indicator 4)
<p>These accounts are up to date as far as possible. We are currently awaiting the Forest School training and the volleyball coaching bills to come through. This will be updated once they have been received.</p>		