



Key:



FMS



Social/
affective



Health



Physical
skills



Thinking
skills

Physical Activity Journey 2020

Designed in conjunction with the #ActiveSchoolsFramework supported by

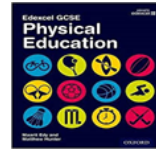
JOIN US:
MOVE.PLAY.



Primary PESSPA experiences empower pupils to aspire to become a Sports Leaders and represent sports teams throughout their time in high school

Leave with increased physical literacy/knowledge of health and wellbeing and value the benefits of PESSPA as life long journey

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



Year 6 Ingleborough Hall residential
Access a bespoke programmes of activities adventure education personal development environmental studies



NFS Project
Meeting NC aims through delivery of high quality activities in natural environments. Teachers to receive HQ CPD

Y6



SEN: Cook and Move- weekly enjoyable exercise ideas combined with preparing healthy and nutritious meals



Whole school Enrichment session
Friday PM focusing on learning through PA



Active Travel
Encourages, Bike/scoot/walk to school week.



School Games
Quantity of competitions increase and lead to county finals



Before/lunchtime/after clubs.



Bikeability
Y5/6 Scheme designed to encourage children to bike to school. Level 1,2



NFS Project
Meeting NC aims through delivery of high quality activities in natural environments Teachers to receive HQ CPD



Every pupil in Y5 accesses 10 jujitsu lessons culminating in white belt status



JUMP STARS
Y5 PA leaders to support /engage with play



Before/lunchtime/after clubs.



Active travel
Encourages, Bike/scoot/walk to school week



Whole school Enrichment session
Friday PM focusing on learning through PA



School Games
Competition increases more sports. School attends with additional teams



SEN: Cook and Move- weekly enjoyable exercise ideas combined with preparing healthy and nutritious meals



Y5



SEN: Cook and Move- weekly enjoyable exercise ideas combined with preparing healthy and nutritious meals



NFS Project
Meeting NC aims through delivery of high quality activities in natural environments Teachers to receive HQ CPD



Whole school Enrichment session
Friday PM focusing on learning through PA



Before/lunchtime/after clubs.



Active travel
Encourages, Bike/scoot/walk to school week.



Competition increases more festivals and competitions become available



Bikeability- Level 1
an off-road environment and prepare riders for cycling on the road.

Y3&4



Active travel
Encourages, Bike/scoot/walk to school week.



Before/lunchtime/after clubs.



Whole school Enrichment session
Friday PM focusing on learning through PA



Forest School
is a process, that offers opportunities for learners achieve and develop through learning experiences in a natural environment



Sporting competitions and festivals begin

Y1&2



Reception



Music, movers & shakers
Reception class access 12-week developing language, mathematical skills, creativity and physical development, as well as social skills, and confidence



Balancebikes
Pupils across our EYFS access bikes daily to build upon their stability and coordination skills



All outdoor provision develops the whole child through the vehicle of physically activity. Making links to the PD aspects of the EYFS framework, pupils access daily opportunities to develop gross and fine motor skills through activities such as construction, puddle jumping, messy play, 'dough disco' and 'squiggle while you wiggle'.



Nursery



Every child in school visits Nell Bank for an amazing outdoor learning day linked to the curriculum. Children have the opportunity to experience the award winning site and educational activities



As a Tagtiv8 Champion school aiming to adopt a PAL approach, we are excited to have embedded opportunities for purposeful PAL into all medium term planning across each key stage. This has been agreed by school leaders and the PAL approach will commence academic year Sept 2021.