

Physical Education at Bede Burn School

Aims

At Bede Burn we aim to provide high-quality physical education that inspires all pupils to succeed in sporting activities. We encourage this through PE lessons, active playtimes, after school clubs and supporting children to take part in inter-school sporting competitions. Pupils should develop their physical confidence and cultivate an interest in their own health and fitness which we hope can build character and team building skills as well as helping to embed values such as fairness and respect.



Year 3 parachute games; learning, listening and team skills.

Curriculum

Children in Key Stage 1 develop their enthusiasm for movement in Dance, Games and Gymnastic activities. Year 2 enjoying learning a Hindu dance as we explored the Navratri celebration in R.E and developing their balls skills.



Reception enjoying their time on the apparatus, developing balance and coordination.

Children in Key Stage 2 develop their skills in dance, games and gymnastics and in addition they take part in athletic activities and outdoor and adventurous activities. Furthermore, Year 3 and 4 take part in weekly swimming lessons led by a qualified swimming instructor.



Year 5 with their Basketball coach



Year 4 having Rugby coaching

Coaches

Pupils benefit termly from external coaches in PE. These have included athletics, cheerleading, basketball, gymnastics, rugby, yoga and multi skills.



Year 6 athletics



Year 3 and 5 gymnastics inter-school festivals



School Visitors

The children thoroughly enjoyed our sponsored event which has allowed us to buy more PE equipment to enhance lesson. Thanks to Volleyball Olympian Peter Bakare for his inspirational visit.



Peter Bakare with Year 1 and 6 during our sponsored exercise afternoon.

Active Play and clubs

We have significantly improved our school playground to include a tennis net, basket ball nets, gym equipment with our already well used wooden obstacle course, game marked yard. The children also have daily access to playground sporting equipment. It is our intention that external visitors and coaches, new equipment and clubs will ensure that all children can readily achieve 30 minutes exercise at school in a fun and progressive way.



After school clubs include multi skills and football.

Please see the website for more information on our termly clubs.



At BedeBurn we also encourage active breaks and Harry in Year 5 was an excellent motivator during a morning wake up session.

Outdoor and adventurous activities



Additionally children benefit from external trips to broaden their physical experiences. Year 3 we lucky enough to try out rock climbing.



Year 6 went on an outdoor adventure week at Thurston - this year in the snow.

P.E. can also be used as a time for reflection and calm.



Year 2 Yoga
Halloween
themed;
crooked tree
and spooky
house poses.

