

Physical Development Report to Governors 2016 – 2017

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At Black Horse Hill Infant School we believe passionately that children learn best when they are physically active. We strive to engage our children in a wide range of activities to enable them to be physically literate, and to develop a good levels of physical fitness and co-ordination. We support children with understanding that a healthy mind and healthy body go 'hand in hand', you cannot have one without the other. With this in mind we teach children to importance of staying mentally and emotionally healthy, and how to develop strategies to maintain a healthy mind.

Actions:

- I have attended Early Years Training on the importance of early physical development and its impact upon learning in the Foundation Stage. This information has been cascaded to other staff.
- Whole school sport focus – Premier Sport visited school to work across each age group. Foundation Stage took part in story based activities developing fundamental movement skills. Key stage 1 took part in problem solving and orienteering challenges. Activities continued across lunch time to engage children in 'active playgrounds'.
- Active Playgrounds – The addition of resources supporting children with designing and managing their own activities e.g. timers, bands and cones, has given children the option to engage in higher order sports skills e.g. sports management. We have engaged 'Premier Sports' to engage children in physical activity during lunch times. Feedback from children and staff has been very positive, with a marked improvement in engagement from many children. Activities have been open to all children, with challenges targeting our 'gifted and talented', 'engagement and behaviour' and developing fundamental movement skills. Children have enjoyed competition and games, and tried new sports such as archery and fencing.
- Developing an outdoor learning area (outside foundation 1) - Opportunities to develop core strength and co-ordination in our outside area. Equipment to challenge children's physical activity with low level climbing, scrambling, crawling and balancing as well as hand-eye co-ordination and grip. We are currently inviting designs for an outdoor learning area. Designs will be presented to the school council, to engage our pupil voice. We envisage this development to take place during the summer break.
- Risk Assessments – Risk assessments were reviewed across school and routines around using all areas and equipment related to physical development were reviewed.
- Story box resource supporting mental and emotional health. - This resource was introduced during the summer term 2016. Over the course of this academic year the 'Healthy Mind, Healthy Body' book box is becoming embedded as a useful resources. Supporting staff and children with exploring themes such as mindfulness, self-esteem and feelings. Each book is supported with a range of ideas for activities and discussion, as a class 'circle time' or as part of whole school assemblies.

- Assessment and planning in Physical Development has been scrutinised and support given to staff where necessary.
- Sports Day – An opportunity for children to challenge their personal best. Our annual Sports Day allows children to challenge themselves whilst competing in teams and having lots of fun!
- Bike It! – An opportunity to ‘Ditch the stabilisers!’ We link with Wirral ‘Bike It!’ each year to provide a session for all Foundation 2 children aimed at getting children to ride their bikes without stabilisers. Bike and scooter stands are accessible in the playground, and children are encouraged to ride their own to and from school.
- School Sports Clubs – These include: Tennis, Football, Gym, Mini Olympics, Summer Games and Cheer Dance.
Some activities have been free to access or have taken place as ‘breakfast clubs’ and during lunch times. This has enabled us to target ‘Pupil Premium’ or children who do not usually access after school clubs making our clubs accessible to all children in our care.

Health Promoting Week

Mental Health and Wellbeing now forms part of the curriculum for Physical Development.

As part of a ‘Health promoting Week’ the children at BHHIS will explore the theme of ‘Healthy Mind, Healthy Body’ through a programme of activities taking place over a week (commencing 26th June, 2017).

Health Promoting Week Activities:

- Mindfulness Workshop - Sue Mason will work with each class as part of the ‘The Thumbs Up!’ programme. Each class will take part in activities exploring themes around improving and maintaining good mental health and wellbeing. Children will develop strategies to help them to increase confidence and develop a positive mind-set.
 - Sports Day - An opportunity for children to challenge their personal best. Our annual Sports Day allows children to challenge themselves whilst competing in teams and having lots of fun! This year we will also include an ‘enrichment’ segment allowing children to revisit a new activity introduced as part of our ‘active playgrounds e.g. archery and fencing.
 - Collaborative problem solving – During the week each class will take part in an activity designed to challenge their ability to work collaboratively.
 - Shared Experience! - Children in each class will be encouraged to bring in a photograph of themselves being active, and share how they enjoy being physically active outside school e.g. club activities, holidays or family experiences.
- Healthy Eating – Each class will make a healthy snack to share e.g. Fruity Marshmallow Popsicles! Children will talk about foods which are healthy, and how they support a healthy lifestyle.

Impact upon teaching and learning:

In each year group there is a wealth of evidence through observations and photographs to showcase teaching and learning across our school in PD. Teaching and support staff demonstrate that they have a thorough and detailed knowledge of each child’s physical

development. From EYFS statements for the Foundation Stage evidenced in each child's Learning Journey, to the National Curriculum for Years 1 and 2 there is a clear progression supporting teaching and learning. Teachers in each year group evaluate the impact on each child termly as part of their assessment and tracking procedures. Evaluation focuses not just on physical gains, but on how each child's mental health and wellbeing has developed as part of a healthy life style.

Next Steps

1. To support the development of a new play area e.g. the previous site of the 'Out of Hours', with resource boxes to enable collaborative team games e.g. football and other sports (off the main playground).
2. To further develop sports management by children themselves, engaging our gifted and talented children e.g. modelling ideas for problem solving games and new resources.
3. To support children in the Foundation Stage with using our outside area to develop core strength, balance and co-ordination. Examining effectiveness of equipment and sharing different ways to use resources e.g. collecting alternative resources e.g. swimming noodles, and sharing ideas with staff on how they can be used to support early physical development.
4. We will continue to engage outside sports coaching to engage children in physical activity during lunch times for part of each term.