

Wood End School: PE & School Sport Review – Autumn Term 2014/15

Breakfast Club: - Speedstacking and Rounders

A weekly rounders and speed stacking activity has been a part of the breakfast club this term. The activities last for approximately 40 minutes and have provided the following benefits for pupils:

- Develop hand-eye co-ordination.
- Develop striking skills with a bat and ball.
- Develop teamwork skills.
- Learning a new sport including rules and different techniques used.
- Improve fitness participating in a healthy activity.

Some of the children that regularly attend prefer the speed stacking rather than playing rounders so it's good to be able to provide an option so everybody is active.

Participation: 20-25 pupils each week

Lunchtime Club – Speedstacking & Table Tennis

Speedstacking and table tennis are great activities to develop hand-eye co-ordination, especially in KS1 and develops skills that are required in many of other sports. Both activities only take seconds to set up and activities are varied to make it fun for the children. Pupil benefits include:

- Develop hand-eye co-ordination.
- Learn new skills and different techniques.
- Excellent for building self-esteem and confidence amongst pupils that do not enjoy more traditional sports.
- Being physically active.
- Great fun!

Participation: 25-30 pupils across the 3 year groups

After-School Club – Year 2 Golf

12 Year 2 pupils have attended each week and they have all enjoyed taking part in tri-golf sessions that uses specific equipment to introduce golf for children to enjoy. Particular activities are centred on chipping and putting. Pupil benefits include:

- Develop golf skills by using new striking techniques.
- Incorporating multi-skills to improve agility, balance and co-ordination.
- Improve fitness participating in a healthy activity.
- Develop teamwork, communication skills and safety when using striking equipment.
- Great fun!

Participation: 12 each week

Treasure Time – Speed Stacking / Orienteering

Every Friday, pupils take part in a 45 minute activity including different activities. This term has included 6 weeks of Orienteering and 6 weeks of Speed Stacking. Benefits of this activity include.

- Teamwork – Yr2 supporting Yr1 & Foundation pupils.
- Health & Fitness – climbing, running and searching for 'Golden Tickets'.
- Reading Skills – reading clues to each other.

Participation: 9 pupils each week

Other Sports Updates:

£500 bid accepted by Stantonbury Parish Council for Golf development and field Line Marking Equipment in preparation for our inter-school fixtures, sports day, outdoor PE and extra-curricular activities.