

Physical Education at Khalsa Primary School

Mission and Vision

The KPS PE programme seeks to spark a passionate love for sports and exercise. We want to inspire our children to view physical activity as an integral part of life which they enjoy and revel in.

Children should want to excel in sports as much as they want to excel in any other aspect of their education. Reaching for the top in a chosen sport should be something all children at Khalsa Primary School aspire to achieve and their hard work along with their imaginations should lead them to vision winning Olympic medals, playing for their national teams and being highly successful athletes.

“if you are physically fit, only then you can pursue higher goals in life, because a sound mind can exist only in a sound body”.

Guru Angad Dev Ji



RECOGNISED BY THE YOUTH SPORT TRUST

Khalsa Primary School has been shortlisted into the top 3 for the Youth Sport Trust's National Innovation Awards in Primary PE for 2015.



“The Youth Sport Trust Innovation Awards represent high quality and inspirational work in schools. In 2015 they acknowledged schools that are using PE and Sport to make a real difference to their pupils, and driving innovation and creativity”.

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The changes we have made to our school PE over the past 3 years was recognised by the Youth Sport Trust in 2015. We had to submit various pieces of evidence including statistics, written evidence, information available on our website, records, etc. to be put forward for an award. We were ultimately shortlisted into the **top 3 schools for the Innovation in Primary School PE awards**.

Youth Sport Trust is a highly respected national sports charity and is seen as a leader in education and development of young people through physical education.

We are very proud of the changes we have made in PE over the last 3 years. Vast improvements have been made in all areas of Physical Education including levels of involvement in PE, range of sports and games children are exposed to, opportunities to play sport competitively via internal and external tournaments, participation in PE lessons and range of and participation in after school sports clubs.

Statistics

- **Extra – Curricular**

We have invested in **extra-curricular sports activities** via offering various after school clubs including Multi – skills, Handball, Hockey, Football, Athletics, Cricket and many more.

IMPACT: *The number of children taking part in after school sports clubs has greatly improved due to this increase in provision. Pre 2013 (before funding was utilised) only 40 places were taken by children for after school sports clubs compared to the last three years where on average over 120 places were taken up by children for after school sports clubs.*

- **Upskilled Teachers**

Our PE Coach has worked alongside all of our teaching staff, modelling and team teaching with all class teachers, and together they have successfully improved and continue to improve the PE teaching and learning experience for both themselves and the children.

IMPACT IN 2013/14:

Staff skill base increased by 34%

Staff confidence increased by 42%

IMPACT IN 2014/15: Staff continue to show increased skill and confidence in teaching PE following on from work done in 2013/14.

- **Sporting Achievements**

KPS enters a wide range of sporting tournaments and has improved in terms of our competitiveness over the last few years. Before the investment into PE in 2013 our teams had never finished in the top 5 of any tournament entered.

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IMPACT IN 2016:

As a school we finished top 5 in the following tournaments in 2016 (*each tournament had an average of around 15 schools competing*)

- Hockey
- Tag Rugby
- Netball
- Orienteering
- Girls Football

As well as this our boys football team won all but 1 match in 2016 and topped their group in the WWSET football tournament.



Child leadership through PE

There is a heavy focus on child leadership here at Khalsa Primary School. Children are given frequent opportunities to take the lead during break times, lunch times, lessons, the classroom, the playground and after school. There is a culture of being willing and wanting to lead throughout the school, especially within the older children.

PE Games Project

Children regularly lead sports tournaments for younger children or their peers. For children to succeed in these tasks they know that they must first present an idea to the teacher, then plan the event carefully before delivering the event entirely on their own with minimal input from any adults. This culture within the school has led to many children planning sporting tournaments such as

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Football, Dodgeball and Hockey for up to 30 other children at a time. Children have also started to make up their own games in order to teach these games to other children via skills sessions and then hold tournaments for them across the school.

Roadies

During lunch times we have a group of Y5 children called 'Roadies' who hand out all the games equipment to the other children at the start of lunch and then collect all the equipment and put it back in its place at the end of lunch. These children show great responsibility as they are in charge of the key for the storage of equipment so open and close the lock every day and put the key back in its place. When the Roadies move on to Y6 they then train the new Y5 children who take on the role.

Sports mornings

Sports mornings occur once a term where children in Y4,5 or 6 lead a skills circuit session for children in the lower year groups. The children set up 10 skills stations ranging from balancing to sprinting and throwing to catching and then split a large group of younger children into small groups and lead them through the stations. The children talk through the stations, demonstrate them and then coach the younger children on how to execute the skill.



JUNIOR LEADER PROGRAM

Khalsa Primary School holds a Junior Leader program for a selected number of Year 6 children. These children then take on the role of Junior Leaders for the whole school for that academic year. The role is taken very seriously and treated like a job within the school. Children have to apply by filling in a job application, are interviewed and then selected after a practical assessment. They then sign a contract which is also signed by their parents.

Our Junior Leader program is a great introduction into leadership, giving students knowledge of how to organize and lead games and activities that can be used as part of uniformed organization, community club or sports club sessions.

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The program aims to help learners develop leadership skills such as organization, communication and teamwork, as well as helping to build confidence and self-esteem as they take on responsibility of leading their peers and younger children.

Their role as JL's involves setting up and running games for younger children and their peers in the school during lunch times. They also arrange sporting events for the whole school, visit other schools to demonstrate their skills for working with and leading others, and act as model students for younger children to look up to. They are easily recognised by other children as they wear a different colour fleece.

Junior Sports Leader's UK offer an accredited award called the Young Leader Award and Go Lead which have been designed for children in Secondary schools. Here at Khalsa we feel our children in Year 6 are up to the challenge and so have adapted the course to make it suitable for us to utilise. This has led to some of our children becoming official Young Leaders in their secondary schools.

The Junior Leader program here at Khalsa not only engages young people with sports and physical activity, but also supports them to develop fantastic skills that they will have for the rest of their lives.

From leadership and communication, to boosting confidence and self-esteem, the Junior Leader program is helping to create the next generation of planners, organisers and innovators!

