

Appendices

Appendix I

Training for Sports Captains

For the past few years, our new Year 6 Sports Captains have attended a training academy in Wokingham with the SGO (School Games Officer), and learnt how to create a fun games session for some younger children. They then successfully ran an inter-house competition back at school. This has been with Year 3s, or, in 2024 with Year 3s and Year 2s, building the links and aiding transition between the infants and juniors. The event included warm up skills and drills, a warm up game and a relay race competition. In November the Sports Captains attend a second academy to run their relay race as part of a carousel of games run by sports leaders from different schools. Each school brought along some Year 3s to take part in the carousel. A great time was had by all.

Other opportunities for Sports Captains

Over the past few years, relationships have been built between the infants and junior schools. As well as sports captains helping to run the infants sports day, there is now opportunities for them to help in a Year 1 and Year 2 PE lesson, help run the infant skipping challenge in the summer term, and run a modified inclusive sports day for the infants.

P.E. Topics per Year Group

<u>Year 3</u>	<u>Year 4</u>	<u>Year 5</u>	<u>Year 6</u>
<u>Autumn Curriculum</u>			
Indoors			
Dance	Gym	Gym	Gym
Circuit Training	Dance	Circuit Training	Circuit training
Outdoors			
Invasion Games	Basketball	Netball	Netball
Touch Rugby	Hockey	Tennis	Lacrosse
<u>Spring Curriculum</u>			
Indoors			
Gym	Circuit Training	Gym	Gym
Tennis	Gym	Dance	Dance
Outdoors			
Hockey	Tennis	Football	Hockey
Basketball	Touch Rugby	Touch Rugby	Touch Rugby
<u>Summer Curriculum</u>			
<u>outdoor</u>			
Athletics	Athletics	Athletics	Athletics
Cricket	Dance	Rounders	Tennis
Dance	Cricket	Cricket	Cricket
	Rounders		Rounders
Swimming	Swimming booster	Swimming booster	

Appendix III

Inclusive Sports Day

Quotes:

“This was very fun!”

“This was the best day ever”

“Can we do this again with Sports Day in the summer?”

Year 6 Sports and House Captains manned the 8 stations and as the children rotated round, they instructed them on what to do. They then helped them and encouraged them.

Quotes from captains:

“So you see, it really helps if you put a lot of power into sliding it.” (the Kurling)

“Come follow me and I will take you to your station.” (Tri golf)

“Hold the bat like this and it will help”. (Table tennis air hockey)

“Can you think of a good place to put the O?” (Tic tac toe)

Appendix IV

Clubs and Fixtures **Extra-Curricular Physical Activities**

Teacher led:

Badminton club 22

Netball club 40

New-Age Kurling club 6

Running club 20

Cricket practise for matches

Touch Rugby practise for matches

Outside agencies:

Football squad training mixed EPC 20

Football club mixed EPC (paid)

Multi-sports club 10

Judo (paid) 10

Dance (paid) 15

Tennis club (paid)15

Fencing (paid) 15

Numbers that follow are for any one time. More children get to have a go throughout an academic year.

One off outside agencies: (free)

Whole day cricket taster

Whole day tennis taster

Hockey taster day – Yrs 4 and 6

Dance Taster day

Cricket Unit Year 5 and 6 summer 1 for 4 weeks

Archery taster sessions

Events and fixtures:

Thames Valley Cross Country league 5 events throughout the winter 50

Football matches/festivals 11

Rubgy matches/festivals

District Sports Day

Golf challenge at Sandmartins Golf Club

Wokingham School Games

Sportshall Athletics ,

Sports Academy and multi-skills festival

Netball tournament

Gymnastics festival

SEND competitions include: Tri-golf, Boccia, ten-pin bowling, Inclusive sports day festival and New Age Kurling.

Other football, tag-rugby, hockey and cricket matches.