

STAYING ACTIVE AT GRIMOLDBY PRIMARY SCHOOL

As recommended by the UK's Chief Medical Officers (2019):

Children and Young People (5 to 18 years)

- Children and young people should engage in moderate-to-vigorous intensity physical activity for an average of at least 60 minutes per day across the week. This can include all forms of activity such as physical education, active travel, after-school activities, play and sports.
- Children and young people should engage in a variety of types and intensities of physical activity across the week to develop movement skills, muscular fitness, and bone strength.
- Children and young people should aim to minimise the amount of time spent being sedentary, and when physically possible should break up long periods of not moving with at least light physical activity.

Here at Grimoldby we are great at... "Being the best that we can be..."

We offer an enormous variety of opportunities for children to stay active. Here is what we offer...

Curriculum Time KS1/KS2	Morning/ Afternoon Play	Lunch Play	Afterschool	Curriculum Time Foundation Stage	EXTRAS
<p>Active Maths, English and Reading. Across the week children are given opportunities to participate in active sessions through different core subjects.</p> <p>All staff have received training.</p>	<p>KS1- Every children accesses x2 15 minutes of 'free' play time and are encouraged to keep active through games as well as using sports equipment.</p>	<p>All children have 30 minutes 'free' play time every lunch time.</p>	<p>X1 sports club for children in year 5 & 6 which are ran by external sport coaches. (1hour) (Term 5/6)</p> <p>Grimsby Town Football Club</p>	<p>The outside area in foundation stage has a variety of fine and gross motor activities which are accessible to all children throughout the day come rain or shine.</p>	<p>THE DAILY MILE- All children from Nursery through to Year 6 participate in The Daily Mile. This takes approximately 15 minutes depending on the age of the children.</p>
<p>X2 60 minute physical education session every week delivered by a specialist sports coach or the class teacher-supported by the sports apprentice.</p> <p>All teachers following planning schemes from Primary Steps in PE.</p>	<p>KS2- Everyday children access x1 15 minutes of 'free' play times and are encouraged to keep active through games as well as using sports equipment.</p>	<p>Sports Coaches – offer team games and activities to promote social skills, friendship groups and general health and wellbeing. Grimsby Town Football Club (x2) JB Sports Coaching (x1)</p>	<p>X1 sports club for children in year 3 & 4 which are ran by external sport coaches. (1hour) (Term 5/6)</p> <p>Grimsby Town Football Club</p>	<p>Inside area provides regular opportunities for fine and gross motor development through play, structured activities and by accessing our Letter-Join handwriting scheme.</p>	<p>INTER- SPORTS COMPETITION Regular opportunities throughout the year to take part in sporting activity between other schools. (Not during COVID pandemic)</p> <p>These are organised through the WSSP.</p>

<p>Brain Break- Cosmic yoga, Just dance, GoNoodle, Supermovers etc....</p> <p>All children are exposed to regular ‘brain breaks’ to take their minds away from a focused activity. This can help to re inspire, increase attention and productivity.</p>	<p>Sports apprentice - Provides support for all classes from Reception-Year 6, 4 days a week. Monitors class sports equipment boxes/ audits resources.</p>	<p>X1 club for children in year 1 & 2 which are ran by external sport coaches. (1hour)(Term 5/6) JB Sports Coaching</p>	<p>X1 sports club for children in reception (Not during COVID) which are ran by external sport coaches during the summer term 6 (TBC)</p>	<p>INTRA SPORTS COMPETITIONS Regular opportunities throughout the year to take part in sporting activity between other classes within the school. (Completed virtually during COVID pandemic)</p>
<p>Sports Coaches offer specialist teaching to upskill teaching staff and provide quality teaching for children. Grimsby Town Football Club (X2 afternoons per week) JB Sports Coaching (x1 full day)</p>	<p>Adventure Playground and Trim Trail – Children are able to explore movements which they cannot explore in normal ‘free’ play time. Children gain opportunities to explore creativity, imagination, self-confidence and fun in a different context.</p>	<p>Sports apprentice- Supports the coaches during after school provision to deliver high quality extra curriculum provision.</p>	<p>Village Walks- During the seasons, all classes engage in various village walks round Grimoldby and Manby.</p>	<p>Chance to Shine Cricket- Help to support the fitness levels of all children (y1-y6) as well as engaging with the local community at Grimoldby Cricket Club.</p>
<p>Primary Steps in PE Scheme – provide a scheme of work and training for staff to enable them to deliver high quality physical education to all children (Y1-6)</p>	<p>Play equipment – All classes have access to a sports equipment box including, balls, bats and skipping ropes.</p>			<p>BIKEABILITY – Children in KS2 become road wise by learning how to ride a bike safely on today’s roads as well as giving confidence and skills for all types of cycling.</p>
<p>Swimming – On a half termly rotation children in year 3 & 4 access x1 45 session a week.... (Not during COVID)</p>	<p>Outdoor Gym- Children will gain opportunities to improve fitness levels, build muscular and cardiovascular strength as well as developing co-ordination, flexibility, and balance.</p>			<p>WSSP- The Wolds School Sports Partnership offers support for the school to sustain, develop and show the impact of high-quality PE and school sport.</p>

<p>KS1 and KS2 - Regular opportunities to engage in fine and gross motor activities through our Letter-join Handwriting Scheme.</p>					<p>Virtual competitions – During COVID children have been able to access sporting challenges such as sports day events, skipping and daily mile distance challenges bringing our school community together from home and school.</p>
<p>YOGA – Children develop core strength, balance, flexibility and offer ways to help children de-stress and relax.</p>					<p>Community walks- During the seasons, all classes engage in various village walks round Grimoldby and Manby.</p> <p>Santa Stride- This involved a village walk wearing santa hats, waving and wishing the community a Merry Christmas.</p>
					<p>Fundraising events: Sport Relief (Alternate years to Comic Relief)</p>