

Impact of Sport at All Saints Catholic Primary School

PE and Sport are a part of every child's entitlement to a good education. They provide pupils with the generic skills, knowledge and understanding they need to become physically literate, and at the same time gives most of them their first regular experiences of sport. When taught well, PE enthuses and inspires pupils to participate fully and develop a life-long love of physical activity, sport and exercise.

Here at All Saints, children receive excellent PE and sporting provision on a daily basis. This year we have used a wide range of coaches covering a variety of different sports. Children have received quality coaching sessions during curriculum time from LFC Foundation, LSSP, Liverpool School Improvement Swimming Team, Lacrosse Liverpool, John Moores University and the Beth Tweddle Academy. Not only does this provide all children at All Saints to access a wide range of sports, but it allows teachers to gain CPD in the area as they are seeing quality lessons taught on a weekly basis. For the first time this year we had every year group swimming for a half term. We had over 90% of our year 6s able to swim 25m and over 95% able to confidently get in the water and swim 10m.

We also offer a wide range of extra-curricular activities and currently have an early Monday morning sports club, a whole school wake and shake dance club on Wednesday morning, daily girls football lunchtime club and 8 after school sports clubs (at least one a day) which include football, basketball, cross-country and gymnastics to name a few sports. All clubs are well attended and are open to all children and every year group has at least one club available. If you don't include the whole school wake and shake then we currently have around 180 – 200 children attending extra-curricular school clubs on a weekly basis. We also run a daily mile for all children in years 5 & 6, where they are challenged to run, jog or walk a mile a day. Other year groups participate when they are able to find time in an ever busy curriculum.

We have increased participation in competitions this year and we have had some success with our KS1 gymnastics team successfully winning their competition, the Y5/6 football team were the winners of their North Liverpool League (playing on a weekly basis) and our SEN new age curling team also won a competition too. We have also been close on a few occasions and have competed in kinball, basketball, quick sticks, water-polo, swimming gala, lacrosse, cross-country, athletics and multi-sports. Some of our cross-country runners ran six races achieving personal best on every occasion. One child was over 100 places better from race 1 to race 6 which in itself is another victory. All children in the school have had the opportunity to engage in competitive sport too as we have had our annual sports day.

However, we do not want it stop there and have tried to create links with other sports clubs outside the school. These can be found on the website on the following link:

<http://allsaintsanfield.co.uk/curriculum-2/extra-curricular/links-to-external-sports-clubs/>

At all Saints we firmly believe that healthy body helps create a healthy mind.