

Physical Education and use of the Sports Premium Grant at Robin Hood Primary & Nursery School

Physical Education (PE) and sport play a very important part in the life of Robin Hood Primary and each class has two hours per week dedicated to physical activity in the curriculum. We believe that physical education and sport contribute to the holistic development of young people and through participation, young people learn more about key values such as teamwork, fair play and respect for themselves and others. All children should be encouraged to enjoy healthy and active lives and be able to benefit from a positive experience of sport and physical activity at a young age to build a lifetime habit of participation.

There is significant evidence to show the positive effects of sport and exercise on children's physical health, growth and development. Furthermore, sport provides a healthy environment for young people to learn how to deal with competition and how to cope with both winning and losing. Listed below are some of the key skills and benefits from participating in PE:

- Physical skills and health
- Improve resilience, self-esteem and self-confidence
- Fine and gross motor skills
- Healthy living and wellbeing
- Behaviour, positive attitudes and team-work
- Promotes cohesion and inclusion
- Introduces competition and understanding about winning and losing
- Develop leadership skills and decision making

At Robin Hood Primary School we believe that Physical Education is a very important part of the curriculum and that every child should be offered PE that is challenging, fun and competitive. The children are offered a wide range of sport in curriculum time including dance, gymnastics, hockey, table tennis, cricket, tag rugby, football, athletics, swimming, netball, circuits and basketball. Alongside this, the children are taught the fundamental skills that build to develop motor-skill, movement and hand-eye co-ordination.

We get involved in a range of borough competitions through the Kingston Schools Sports Partnership (KSSP) in a variety of sports and activities.

We offer lots of after-school clubs that give the children an opportunity to engage in additional sporting activities. These include football, cricket, tag-rugby, street dance, table tennis, judo and karate.