

## Overview (federated schools)

### Our 2019/2020 Plan for Sustainability

#### Participation in sports

Maintain participation in Youth Sport Trust (YST) and School Sports Coordinator (SSCO).

- Maintain participation in YST and SSCO. A PE and school sport curriculum leader is employed to positively impact on PE and school sport across the federation e.g. support and development of Silver/Gold YST Quality Mark; provide level 4 and 5 training for PE subject leader role; work on leadership opportunities and developing the PE curriculum and assessment system.
- Running sport competitions and increasing pupils' participation in local sports events: Cross-Country; Years 3-6 Football, whole school Swimming; Years 5/6 Sportshall Athletics; Years 5/6 Dodgeball; Hi 5 netball; Years 5/6; Quicksticks Years 4/5; Kwik Cricket Years 3/4 and 5/6; Rounders KS2.

#### Commitment to developing pupils' well-being

Continue to provide a curriculum of meditation, yoga and Forest School.

- Qualified specialist to continue to continue to work alongside staff to provide a 'tranquil', meditative curriculum to enable pupils to increase levels of concentration, focus and attention span; reduces tension, stress and anxiety; develop discipline and self-control; encourage social and environmental awareness and responsibility; build confidence and self-esteem; respect for self and others.
- Introduce yoga (new sport) through qualified yogi to train staff and deliver yoga for pupils enabling them to develop motor skills (fine and gross); develops balance and flexibility; improve posture; develop core strength essential for correct physical alignment; strengthen wrists, hands and arms for improved handwriting and release physical and mental tensions.
- Provide pupils with a broader experience of activities by continuing Forest School on federation Friday. The benefits for children include: children being stimulated by the outdoors and typically experience, over time, an increase in their self-belief, confidence, learning capacity, enthusiasm, communication and problem-solving skills and emotional well-being.