

Physical Education and Sport at Sir Thomas Abney Primary School

Physical Education and Sport are seen as vital areas of learning in the primary curriculum at Sir Thomas Abney Primary School. Physical Education can be the foundation for a lifetime of physical activity which can never be underestimated in enabling everyone to lead healthy and happy lives.

Sir Thomas Abney provides all its children with a vast range of physical activities both in and outside curriculum time.



Curriculum PE and School Sport

During curriculum time all classes at Key Stage One (KS1) and Key Stage 2 (KS2) do 2 hours of PE per week and this usually entails an outdoor and indoor session. Here at Sir Thomas Abney we are very fortunate in that we have two large halls, two large playgrounds and an impressive Multi Use Games Area (MUGA) with modern showers and changing rooms available. All teachers including Newly Qualified Teachers (NQTs) are supported by Dr Barry Costas Senior Lecturer in Physical Education at the University of Hertfordshire and a Primary PE specialist who works with us for half a day per week as a visiting teacher. Barry also helps with planning, modelling lessons, evaluating sessions and giving feedback on taught lessons.

The school's curriculum leader for PE oversees curriculum content and the huge range of extra curricular activities available to the children. In Curriculum time activities are wide and varied and include the areas of activity within the PE National Curriculum which include Games, Gymnastics, Dance, Athletics, Outdoor and Adventurous Activities (OAA), including residential visits and swimming.

Other less usual activities encompass Table Tennis, Handball, Curling, Goalball (a Paralympic sport) and Orienteering. All sessions are designed to be taught within a sequence of lessons over 5-7 weeks or half termly periods of time to allow for the development, progression and implementation of new learnt skills.

In addition to this delivery, there is a programme of lunchtime and after school sports' clubs.

All teachers are encouraged to teach across subjects where they can be linked; Science for example can have physical activity as a core component of the lesson if the theme is the human body or how we move. Sports Days for all children including the Early Years and Foundation stages (EYFS) take place annually.

After School PE and School Sports including Extra-Curricular activities

A broad range of after school clubs and extra-curricular activities are offered to all children throughout the academic year. Ms Jennifer Handovsky, the school's pastoral manager also offers a variety of games and activities. She comments, "In many ways the work that we do after school both supports and complements the excellent work that is done during curriculum time. This relationship is crucial and helps consolidate the children's learning in these areas and provides them with further opportunities to improve." These activities and clubs include: Tennis Club, Table Tennis Club, Multi-Skills Club and Cycling Club.

Lunchtime PE and School Sport

The school runs a range of lunchtime clubs; multi skills sessions are offered to children in KS1. Other lunchtime clubs include the Sir Thomas Abney Champions League which is a year-long football league and cup competition with mixed teams from Years 3-6. The emphasis here is on Sportsmanship and Leadership for all players.

External Competitions and Successes



STA competes and has been successful in the Hackney and London Chess tournaments.

Our children have also had notable achievements in the East London and London Table Tennis Tournaments.

In terms of football both our boys and girls teams compete in inter-school matches in the Hackney League.

We also compete regularly in both the Hackney Tennis and Cricket tournaments where boys and girls ages range from Years 1-6.

Swimming

In 2015, Sir Thomas Abney was able to bring a groundbreaking swimming initiative to our school called 'Pools 4 Schools'. We had our very own mobile swimming pool assembled on site during the Summer term 2015 and were able to teach all of our pupils to swim. The pool came with swimming teachers and lifeguards and was also open to the community outside of school hours.

We strongly believe this offered us the best opportunity to teach all of our children the incredibly important life skill that is being able to swim.

Currently our KS2 children learn to swim at the open-air swimming pool in Victoria Park.

The Children at Sir Thomas Abney have access to a very rich and engaging PE curriculum where sport plays a major part. The children contributed to Barry's doctoral thesis where they showed that PE was one of their favourite subjects at school. Barry added "when PE and School Sport are taught well all children will quite naturally want to take part. Lessons should be challenging but fun also. The teaching of PE at Sir Thomas Abney is good overall with some outstanding features like the diverse range of physical opportunities given to the children."