

Curriculum PE and School Sport at Robson House

Robson House continues to provide all its children with a wide range of physical activities both in and outside of curriculum time.

During curriculum time, all classes at Key Stage One (KS1) and Key Stage Two (KS2) do at least two hours of PE and sport per week and this usually entails an outdoor and indoor session, as well as weekly swimming lessons at a local sports centre.

Here at Robson House we are very fortunate in that we have access to the adjoining Netley School hall and playgrounds. Andy Umerah is the school curriculum co-ordinator for PE who oversees curriculum content with the Head Teacher. All staff are supported by Dr Barry Costas, Senior Lecturer in Physical Education at the University of Hertfordshire - a Primary PE specialist - who works with us part-time in the summer term as a visiting teacher. Dr Costas also helps with planning, modelling lessons, evaluating sessions and giving feedback on taught lessons and fitness sessions. Dr Costas noted that "*when PE and School Sport are taught well all children quite naturally will want to take part. Lessons should be challenging but fun also.*"

At Robson House there is an expectation that all children take part and enjoy a range of different types of physical activities. In curriculum time activities are wide and varied and include all the possible six areas of activity within the National Curriculum (2013) which are Games, Gymnastics, Dance, Athletics, Outdoor and Adventurous Activities (OAA), including residential camping visits in Epping Forest and Swimming. Other less familiar activities taught include Table Tennis, Handball, Goalball, and Boccia (both Paralympic sports), and Orienteering. All sessions are designed as a sequence of lessons usually over 4 to 6 weeks or half termly periods of time to allow for the development, progression and implementation of new learnt skills.

In addition to this delivery, Arsenal Doubles deliver a weekly sports session currently based at the local Samuel Lithgow Centre. This includes raffled prizes and visits to the Stadium, and attendance at some matches. The children learn generic skills from a variety of different games including football, basketball, badminton, tennis and hockey. Each session ends with a game when children get the opportunity to apply the skills they have learnt in a competition situation.

All teachers, including support staff, are encouraged to teach across subjects where they can be linked to themes like *Fit for life* and *Health weeks*. Science, for example, often has physical activity as a core component of the lesson if the theme is the human body or how we move. Sports Days (both winter and summer) for all children, across both key stages takes place annually either in the school grounds, at the Samuel Lithgow centre or in Regents Park.

External Competitions and Successes.

Robson House also continues to compete (and has been successful over the last few years) in inter-school competition, including both special and mainstream schools.

The most recent of these was in the spring term where Robson House finished fourth overall in a football tournament with other specialist settings for children with social, emotional and mental health needs: they were a credit to themselves and the school. The staff were very proud of all children. It is anticipated that the next tournament will be in April 2018.

Children from Robson House compete together in inter-school competitions and we have often worked with the mainstream pupils of Netley School.

In summation, in 2018, Dr Barry Costas reported that the children at Robson House continue to have access to a very rich and engaging PE curriculum where sport plays a major part.

Dr Costas stated that *“The teaching of PE at Robson House is very good with some outstanding features like the diverse range of physical opportunities given to the children and the emphasis given to fitness and activity levels every morning.”*

The Heads of School, Alyson Dermody Palmer and Darryl Jones acknowledged *‘that with government investment, and with the school to receive further and increased funding via the Primary PE and Sport premium, this provision will become even stronger. PE and School Sport, health and well-being will continue to be deeply entrenched in the ethos of all at Robson House.’*