

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. Staff are supported by Dr Barry Costas, Senior Lecturer in Physical Education at the University of Hertfordshire - a Primary PE specialist. 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 visits in Epping Forest and Swimming. Other less familiar activities taught include Handball, Goalball, and Boccia (both Paralympic sports). 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.

The children also 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 Robson House proudly achieved *Healthy School Status Bronze* (2017-20) and will be reapplying to renew this status in the academic year 2020-21. Elsewhere for example, Science, 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 had planned to compete (and has been successful over the last few years) in inter-school competition, including both special and mainstream schools.

Robson House has remained open to all children during lockdown and there was an even greater emphasis than usual placed on the intrinsic and extrinsic value of PE, Sport and physical activity at the school. During the first half of the summer term, the children had daily cycling lessons and games lessons. During the second half term, the children had daily fitness sessions and games/ cycling sessions three times a week. Unfortunately, the swimming lessons had to stop mid-March as the swimming pool was closed as a result of the lockdown. Parents and carers can rest assured that as soon as all schools fully reopen, the children at Robson House will have full access to external competition across and between boroughs, to build upon the rich success achieved in previous years.

Dr Barry Costas notes that the children at Robson House continue to have access to a very rich and engaging PE curriculum where sport, physical activity and well-being play 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.’*

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