

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. However during the 2020-2021 academic year we have been unable to use external facilities due to the Coronavirus pandemic. It has also meant that we haven't taken part in external competitions as they were cancelled. We have taken part in Euros 2020/1 lessons at school in conjunction with Big Ideas and The Mayor of London's office.

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 swimming lessons at a local sports centre. Again due to the pandemic the swimming lessons have been cancelled but we will start swimming lessons again in September 2021. All children will have a swimming lesson every other week across the academic year.

Robson House has been open to all children throughout the pandemic and during the three lockdowns, all children have either learnt to ride a bicycle or improved their skills at school. The Year 6 children also completed their cycling proficiency as part of their transitions programme.

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 of School. We 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 to Epping Forest and Swimming. Other less familiar activities taught include Table Tennis, Handball, and badminton. 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, 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 events (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

Unfortunately due to the pandemic all external competitions and events were cancelled including the Camden swimming gala and London SEMH football tournament which the children always enjoy taking part in.

We are looking forward to taking part in these and other events in the 2021-2022 academic year.

In summation, Dr Barry Costas states 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.’*

July 2021