

## **Hampton Lucy PE and Sports Update Spring 2017**

At Hampton Lucy we are proud to be providers of high quality PE and sport lesson. Every year we endeavour to improve and support physical development. Offering a range of extra-curricular activities, opportunities to compete against other schools and experience a varied PE curriculum.

So far this year KS2 pupils have competed in a number of football and netball matches against other schools. They have also attended inter school competitions in football, netball and sportshall athletics. A kid's fitness programme has been run at the school, this programme has increased awareness and the benefits that can be gained from leading a healthy and active lifestyle. Sports taught during lessons have included gymnastics, football, lacrosse and ultimate frisbee.

KS1 children have benefitted from an increased exposure to PE and sport. The regular physical Friday sessions are designed to introduce fundamental skills and techniques for our younger pupils. For the first time we have taken our KS1 children to compete in a KS1 agility completion where the children enjoyed the atmosphere of a big hall competition. A small number have also attended a gymnastics competition.

Our extra-curricular activities have grown in popularity, we offer clubs in multi-sports, football and netball. Each club is well attended and offers children an opportunity to learn and develop existing skills alongside working on important life skills such as leadership and teamwork. Those at the clubs have the opportunity to represent the school in competitive matches against local schools. The introduction of a lunchtime cross country club proved popular and a number of children competed in races representing the school with a great attitude and approach to the race.

For the remainder of the school year our focus will be on continuing to deliver high quality PE lessons for all pupils at the school. Investing in new equipment. Attending multiple sporting events and competing against other schools.