

Useful Links

Clubs at Stocksbridge leisure Centre
- <https://www.stocksbridgeclc.co.uk/clubs/>

Stocksbridge cricket club-

Stockbridge Rugby club

Stocksbridge Park Steels

Terminology

Analyse – To examine in detail in order to discover meaning and/or essential features; to break down into components

Dynamic Balance – The ability to maintain balance with body movement.

Control – To exercise restraint or direction over

Co-ordination – The ability to control the movement of the body in co-operation with the body's sensory functions,

Core movement – The competency in motor skills and movement patterns needed to perform a variety of physical activities

Flexibility – Flexibility, [mobility](#) and suppleness all refer to the range of limb movement around joints

At Home

Look at training/exercise videos on You tube

Get your child to join a local club doing something they enjoy

Get fit as a family

Join your child up for swimming lessons. They need to be able to swim 25 metres before they leave school and know about water safety.

Contact

If you have any questions regarding Physical Education, please do not hesitate to speak to your child's class teacher or contact:

Mr Sly



Deepcar
St. John's C.E.
Junior School

Physical Education

**An Information
Booklet for Parents
and Carers**



"Teach a child in the way he should go, and when he is old he will not turn from it." Proverbs 22:6



Deepcar St. John's
C of E Junior School
where the individual matters

Physical Education

At Deepcar St John's CE Junior we aim to develop pupils who will be physically active, and can flourish in a range of different physical activities

We fully adhere to the aims of the national curriculum.

Pupils are taught to:

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- perform dances using a range of movement patterns
- take part in outdoor and adventurous activity challenges both individually and within a team
- compare their performances with previous ones and demonstrate improvement to achieve their personal best

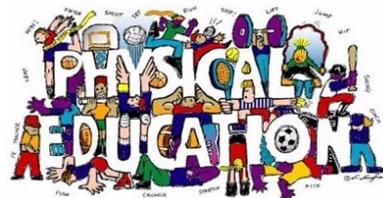
Competition

The school takes part in the vast majority of competitions run by links and Sheffield Wednesday. We always do really well and have won several inter-school competitions

We have been awarded the Gold Mark award for several years and have been highly commended for two categories in the Sheffield Schools Get Active Award

After school clubs

The types of sports clubs we available change on a half-termly basis so that we offer a range of activities appealing to the different interests and ages of children at our school. We regularly offer Football, Basketball, Futsal, Kwik Cricket, Tag Rugby, Cricket, Bench ball, Orienteering, Gymnastics, Tennis, Athletics, Badminton, Dance, Street Dance and Den Building.



Sports Leaders

Pupils in Y5 and Y6 can apply to become a sports leader. A role which brings great responsibility and enjoyment. It is a role that has developed over the last several years into one which allows children to become role models within the school as well as developing their basic coaching skills in a range of sports.

Children who want to become a Sports Leader have to show good sporting ability but also skills in leadership, responsibility, time management, teamwork and organisation. They have to complete an application form and be interviewed by our sports coach.

Their role is to initiate games with children at St John's and Royd Nursery Infant. They help set up the right equipment for each game, keep track of scores, help referee, help to sort out the teams and tidy away

