

PE and Sport at BLS

At BLS we consider PE and sport to be part of the heart of the school. Every child receives two hours of curriculum PE a week. In line with the National Curriculum we teach a variety of areas depending on which Key Stage your child is in.

EYFS use a variety of schemes that encourage physical literacy- agility, balance and co-ordination. They also use Balance Bikes as an introduction to bike riding and this helps with gross motors skills too.

Key Stage 1 is focused very much on multi skills -continuing to develop the children's physical literacy, but also introducing different equipment, some independent sports coaching and competition.

Key Stage 2 builds on those basic skills and introduces more sport specific skills. These can include football, netball, rugby, orienteering, cricket, tennis, athletics and hockey. They may also benefit from independent sports coaches and team competitions.

All pupils will complete at least one term each of dance and gymnastics per year. Personal Challenge also forms part of PE from Years 1-6. This could include a skipping challenge, circuit training or something similar.

As a member of North Oxfordshire School Sports Partnership, we enter as many inter school festivals and competitions as possible. This enables ALL pupils to go to BGN or another venue and represent BLS against their peers from local schools. Taking part in the competitions allows pupils to play against teams from other schools and progress to area and county finals. 100% of pupils (Years 1-6) were invited to attend an inter school event last year, with over 95% taking up the offer.

We offer a large range of after school clubs. These are mostly free of charge, although some are run independently and subject to weekly charges. Due to our established links with local community clubs, we are extremely lucky to have coaches support some of our after-school clubs. This also offers pupils a great way into clubs outside of school as they are regularly signposted to pupils.

Please look out for emails and flyers that may accompany the newsletter. These inform you of any clubs, courses and holiday activity your child may be interested in.

Encouraging pupils to take on leadership roles also plays an important part of school life. Play Leaders and Sports Leaders receive training to facilitate activity and games for other pupils at lunch times. They also help organise and officiate at sports events at school and ensure that PE equipment is tidy and ready to use.

We appreciate your continued support and it would really help us and your child to take full advantage of all that is on offer if they have a full PE kit at school all week. Sometimes timetables are moved around, or additional PE may take place. Please ensure you child brings their kit in on Mondays and, if necessary, takes it home for washing on Fridays. Warm clothing is essential during our colder months, as we will still go outside providing it is safe to do so.

A Government initiative to get children more active on a regular basis is Active 30:30. This aims for children to be active for 30 minutes a day at school and 30 minutes a day out of school. In school we use various ways to break up the day with bursts of activity. Super Movers, Joe Wicks workouts and active lessons outside the classroom as well as lunchtime activities and PE lessons. I know lots of our children attend a variety of community clubs and enjoy activity outside of school. However, please see below a list of our local club links in case you are looking for a new sport or activity to get involved in.

Name	Venue	Session Info	Contact Name	Website
Bodicote Table Tennis Club	Bishop Loveday School	Wednesday evenings	Dave Joyner davejoyner@tiscali.co.uk Eddie Tait 01295 257057 taitedward48@hotmail.com	
Banbury Hockey Club	North Oxfordshire Academy	Sundays Sept-April	Richard Hobley rjh@bloxhmanschool.com Adrian Simons juniorhockey@banburyhockeyclub.co.uk	www.banburyhockeyclub.co.uk
Banbury Tennis Club	Banbury Tennis Club Horton View, Banbury	see website/ contacts	Shola Adebisi 07533523026 solatennis@yahoo.com	www.banburytennis.co.uk
Banbury Rugby Club	Banbury Rugby Club	see website/ contacts	Sim Crowther Club telephone 01295 266515	pitchero.com/clubs/banbury
Feathers Junior Badminton Club	North Oxfordshire Academy	Sundays 9.30-10.30 & 10.30-11.45 Sept-April	Louise Gardner 01295 270064 Martyn Spray 07968099506	Feathersjbc.org.uk
Banbury West End Squash & Tennis Club	BWE – West Adderbury	see website	see website	http://www.banburywestend-tennis-squash.co.uk/
CDC – Holiday Hubs	North Oxfordshire Academy Warriner Cooper School	daytime activity sessions during school holidays	Cherwell District Council 01295 221803	www.cherwell.gov.uk/holidayactivities
Spiceball Leisure Centre	Banbury	casual swimming and court hire	01295 257522	www.leisurecentre.com/spiceball-leisure-centre
Woodgreen Leisure Centre	Banbury	outdoor pool and gym	01295 262742	www.leisurecentre.com/woodgreen-leisure-centre
Banbury Cricket Club	Banbury Cricket Club, Bodicote		Club telephone 01295 597087	banburycricketclub.co.uk

If you are looking for something to do with your child, you could always try Park Run – every Saturday morning at Spiceball Park. Scouting and Girl Guiding units are also a good way to mix with others and try a variety of different activities.

We always welcome feedback from parents. If you have any comments regarding school sport and PE, please contact the school office.

Kind regards,
Louise Gardner