

Swimming

Swimming is an essential life skill that can save your life. It keeps you fit and it is easier to learn when you are young.

In our school Year 4 go swimming. We are grouped into levels and sometimes learn personal survival and life saving skills.

It's lots of fun!

Being active

We take part in lots of activities during the school day to keep us active. Daily Mile gets our blood pumping and is a break from lessons in the fresh air. GoNoodle dance routines get us up and moving in the classroom and have cool actions to copy. At play-times we can use our playground markings to play games and we love to run around.

Competitions

We love taking part in sport competitions at our school. We can collect trophies, see friends from other schools and they help to build our confidence.

Representing Holy Trinity at competitions makes us feel really proud.

Some of the competitions and events we have entered recently are:

- Football matches
- Tag rugby festivals
- Aqua festivals
- Key Steps Gymnastics
 - Benchball
- Sports Hall Athletics
- Wake Up Shake up
 - Netball
 - Skipping

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Cookridge Holy Trinity



**Physical Education,
Sports and Physical
Activity Policy**



**Written by
The PE and
Sports Council**

Aims

Why do we do PE, physical activity and sport?

We need to take part in physical activity and sport because it:

- Keeps us fit
- Builds our confidence
- Makes us smile
- Sense of achievement
- Good for our mental health
- Improves our skills
 - Makes us happy
- Improves our teamwork
- Develops our communication
- Keeps our muscles strong
- Helps with co-operation
 - It's FUN!

Sports funding

Every year we get money from the government to improve the PE, sport and physical activity we offer in school.

We have spent our sport money on:

- New equipment
- New storage
- Rhinos coaching
- Premiere Sport clubs
- Rhinestones dance coaching
- Playground markings
- Transport to competitions
- School leotards
- Subsidising clubs and trips

Every other year we also raise money for Sport Relief!

Health & Safety

In PE lessons, it is really important to warm up so that we don't pull our muscles or injure ourselves. Some of the warm ups we do are:

- Traffic light game
- Follow the leader
- Dance warm ups
- Barcelona and Yoyo
- Domes and dishes

We must wear our PE kits because it represents our school. Our PE kit is a golden T-shirt, navy shorts/skort and a plain navy tracksuit.

Long hair must be tied back and earrings taken out or covered.

Always follow instructions!