

# How sport and other physical activities can enrich the lives of your child



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# Why is Physical activity important for children?

Exercise and physical activity is integral to a child's health and development. Regular physical activity helps children to

- Feel less stressed
- Feel better about themselves
- Build and keep healthy bones, muscles and joints
- Sleep better at night
- maintain a healthy and active lifestyle when they enter adulthood

Children who are physically active are also more alert in class which have positive benefits on their academic studies too.

# How much physical activity?

NHS guidelines say Children should do at least 60 minutes of aerobic activity every day. This should include a mix of:

- **moderate-intensity activities:** this means your child is working hard enough to raise their heart rate and break a sweat
- **vigorous-intensity activities:** this means they're breathing hard and fast, and their heart rate has gone up quite a bit.

**At Hoxton, children in Nursery and Reception receive 60 minutes of curriculum PE and in Years 1 to 6, they receive 90 minutes.**

# What do children in Hoxton do?

At Hoxton Primary School, we value the importance of healthy living and exercise very highly. All children participate in 90 minutes of PE each week. We have a broad curriculum which allows children to develop physical skills in a number of disciplines such as dance, athletics, gymnastics and ball games.

At the end of each unit, children have an opportunity to apply these skills through a final performance or matches.

We also value the importance of competition. Children at Hoxton participate in number of borough competitions such as Hackney Personal Best, Quad Kids Athletics and cross country. Children in Years 4 to 6 take part in an annual inter-sports competition against children in our partner schools, Orchard and Southwold.

As well as the 90 minutes of curriculum PE, we offer a range of after school activities , including:

- Football
- Cooking
- Multi-Sports
- Gymnastics
- Tennis
- Street Dance
- Athletics
- Boxing



In addition, every year we have a **Healthy Living Week** where the children learn about the importance of a healthy lifestyle as well as experiences new and exciting sports. The week ends with a Sports Day on Shoreditch Park

# PE throughout the school

## Theme Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	GAMES Multi ball skills	DANCE Animals	GYMNASTICS Travelling	DANCE Dinosaurs	ATHLETICS	GAMES Kwik Cricket
Year 2	GAMES Football	DANCE Land, Sea and Air (Transport)	GYMNASTICS Linking movements	DANCE Sea animals	ATHLETICS	GAMES Kwik Cricket
Year 3	GAMES Hockey	DANCE Ice and Fire! (Dance Notes Unit)	GYMNASTICS Vaulting	DANCE Magnets and Forces (Dance Notes Unit)	ATHLETICS	GAMES Handball
Year 4	GAMES Netball	DANCE Around the World (Dance Notes Unit)	GYMNASTICS Vaulting	DANCE The Rain forest (Dance Notes Unit)	ATHLETICS	GAMES Volleyball
Year 5	GAMES Tennis	DANCE WW1 (Dance Notes Unit)	GYMNASTICS Front bridges	DANCE The River (Dance Notes Unit)	ATHLETICS	GAMES Basketball
Year 6	GAMES Basketball	DANCE The Environment (Dance Notes Unit)	GYMNASTICS Back bridges	DANCE African Greeting (Dance Notes Unit)	ATHLETICS	GAMES Football

# Activities happening in the borough

<https://hackney.gov.uk/healthy-hackney>

<https://www.better.org.uk/leisure-centre/london/hackney/news/free-swimming-for-under-18-s-and-over-60-s#>

<https://hackney.gov.uk/sport-for-young-people>

<https://www.henry.org.uk/>

# Let's Play Some Games

Cricket:

Can you roll the ball and hit the stumps?

Can you hit the ball with the bat and score a run?

Tennis:

How many times can you bounce the ball without dropping it?

Bean bag toss:

How many points can you score by throwing the bean bags into the hoops?

Hockey:

Can you dribble the ball around the cones and back?