

# Saltergate Infant School



Autumn Term 2024

This term the children across the Infant school have had various opportunities to increase their levels of physical activity and improve their skills in physical education. Some of these opportunities were:

- Extra-Curricular P.E. Club; Multi-Sports Club.
- Specialised P.E. Lesson with Miss Tremble in Bright Class (Years 1 and 2).
- A visit from the Harrogate Diving Identification Squad to the Year 1 and 2 children.
- Children have made use of the new climbing wall and trail on the Key Stage 1 playground.

# Extra-Curricular Sport Club

This term the children across Key Stage 1 have had the opportunity to take part in a Multi-sports club.

Each week, the children have had a great time learning new skills and rules, developing their sporting experience and skills.

These sessions also encourage the children to stay fit and healthy by taking part in sport and exercise, whilst having fun at the same time.

The children are looking forward to some new sports clubs in the Spring Term



# Specialised P.E. lessons with Miss Tremble

This term, Miss Tremble has been working alongside the other teachers in Key Stage 1 to deliver a range of P.E. lessons including Real P.E. and Real Gym.

In Reception, the children have covered a Real P.E. unit and a Real Gym unit including the use of the large apparatus to help improve the children's balance and coordination skills.

In Years 1 and 2 the children have covered two Real P.E. units, a Real Gym unit and a Real Dance unit.

Miss Tremble has been able to use her sporting and coaching background to make all the P.E. lessons interesting and fun meaning all the children are engaged and active in most of the lesson even if it means they have their own challenges to complete compared to other children.

Miss Tremble will continue to deliver more P.E. lessons to all classes in the Spring term.





# A visit from The Harrogate Diving Identification Squad

At the beginning of this term, we were lucky enough to have a visit from the Harrogate Identification Squad. They ran a small gymnastics session to all the children in Years 1 and 2 to see if any of the children showed potential diving skills.

The diving coaches were looking at the children's flexibility, balance and gymnastics co-ordination. If they felt the children showed the potential to be gifted at diving, they were then invited to the pool for a second call back session to assess their skills in the water. If any of the children showed these skills in the water, they would then be invited to join the Harrogate Diving Squad.

All the children did incredibly well and there were some great skills on show, with at least 20 children in years 1 and 2 being invited to the session at the pool, over 30 children across Years 1, 2 and 3. This an amazing achievement.

The children that were not chose, were however, invited to a free diving taster session so there was also an opportunity for them to be take up diving too. We are super proud of all the children who took part.



# Play sessions on the Climbing wall and trail in KS1

In EYFS and KS1 the children have been making the most of the climbing wall and trail on the playground and in outdoor learning in KS1. We have used the sports premium money to pay for these and maintain them over the last few years.

The children use these at various points of the day for playtimes, brain breaks and outdoor learning. These outdoor adventure trails and climbing wall allow the children to stay active and safe whilst they are having fun, playing with their friends and developing lots of new skills and improving their mental health.

The children love using this equipment on a daily basis.



## **Coming up in the Spring Term 2025**

- **Extra-Curricular Clubs**
- **Forest Schools Sessions**
- **A free taster session with Premier Martial Arts**
  - **Sports Crew visits**
  - **Possible Inter-School Competitions through North Yorkshire Sport and HTAFC**
  - **Plus much much more...**