

Healthy Groups

Healthy groups are to provide the opportunity of more physical activity during school time, that isn't at break times or after school. Children take part in lots of fun active games, to increase health and wellbeing.

How?

As forementioned, healthy groups are physically active and engaging, ensuring that all children participating are doing some form of exercise through different games and sessions. As well as ensuring children are active during these sessions, they are also focusing on different elements such as our sporting values, e.g. – honesty, respect etc...

Why?

Children participate in these sessions for the main physical benefit of having more physical activity, improving physical health. It also gives children the opportunity of gaining a hobby or a love for playing different games or sports, to hopefully retain an interest or good experience from participating.

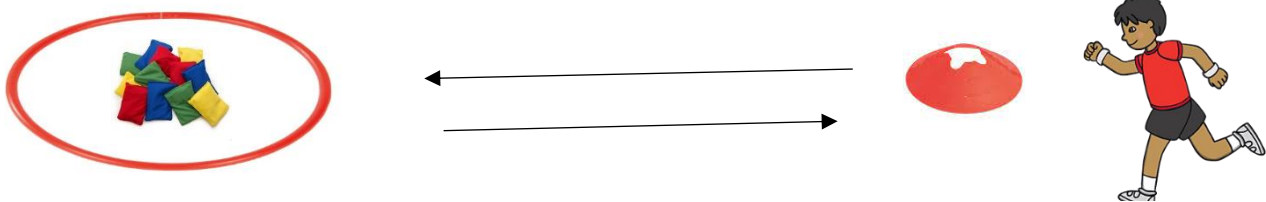
Summer 1 – Physical Endurance

Children will partake in weekly sessions to develop physical endurance, which will be monitored and assessed based off an initial assessment, then compared to an end assessment. This term I will be focusing on physical endurance and how long children can participate in the activity. The better their physical endurance, the better score they will receive.

The Assessment

Children across different year groups will be given the same amount of time and same task, to determine their physical fitness. They will have to collect as many pieces as possible of equipment, one and a time and return them to their hoop within a minute. This will show how they can endure physical activity for an entire minute. The higher the score, the better. This will then be initially assessed, and after weeks of participation in these active sessions, children will gain more fitness to eventually beat their initial score.

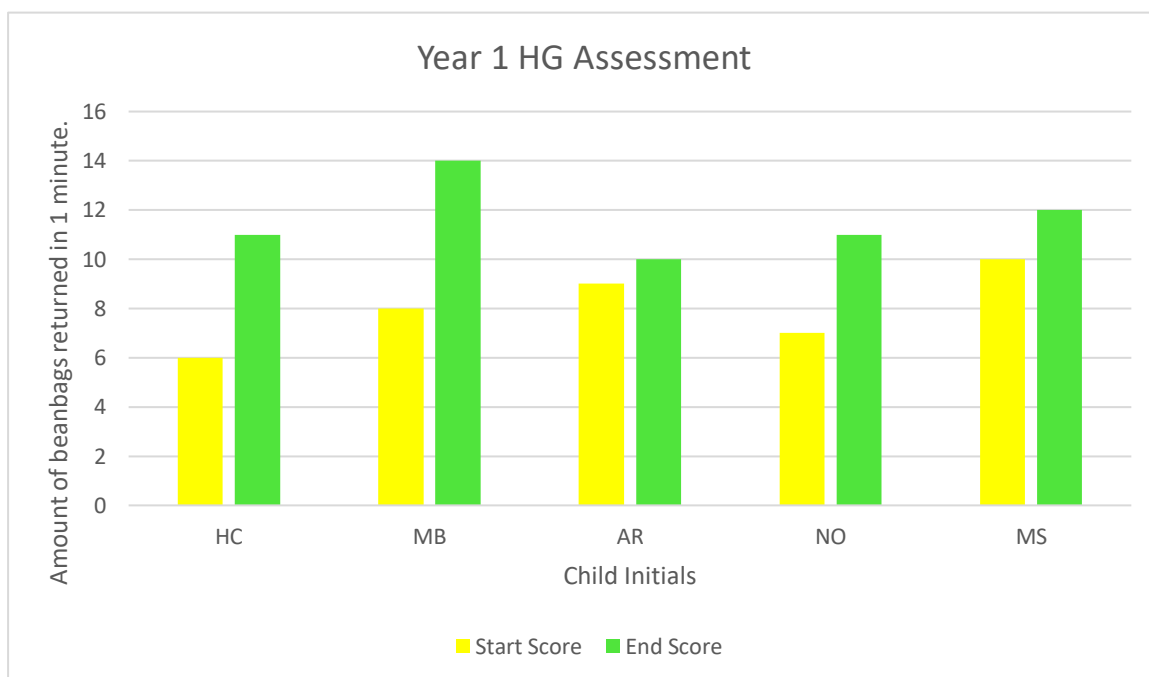
TASK



Students will take it in turns to return as many bean bags from the hoop as possible within a minute to gain a score. The amount of bean bags that they return will be their score. This will be tested at the start of every session they take part in, as well as other physically activities to improve their physical endurance.

Year 1 HG - Number of beanbags retrieved in 1 minute across each week participating.

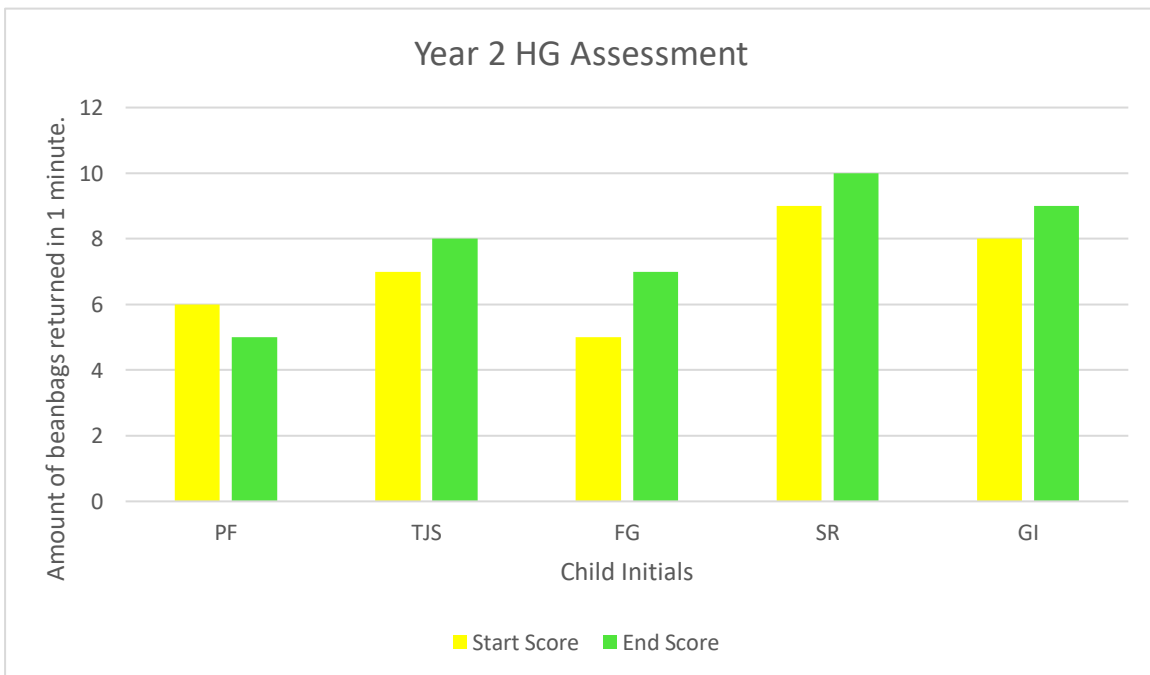
<u>Name/Date</u>	<u>18/04/23</u>	<u>25/04/23</u>	<u>02/05/23</u>	<u>09/05/23</u>	<u>16/05/23</u>
HC	6	8	11	11	11
MB	8	10	10	12	14
AR	9	8	10	9	10
NO	7	9	11	10	11
MS	10	9	10	9	12



<u>Name/Date</u>	<u>Shown Progression</u>
HC	Yes
MB	Yes
AR	Yes
NO	Yes
MS	Yes

Year 2 HG - Number of beanbags retrieved in 1 minute across each week participating.

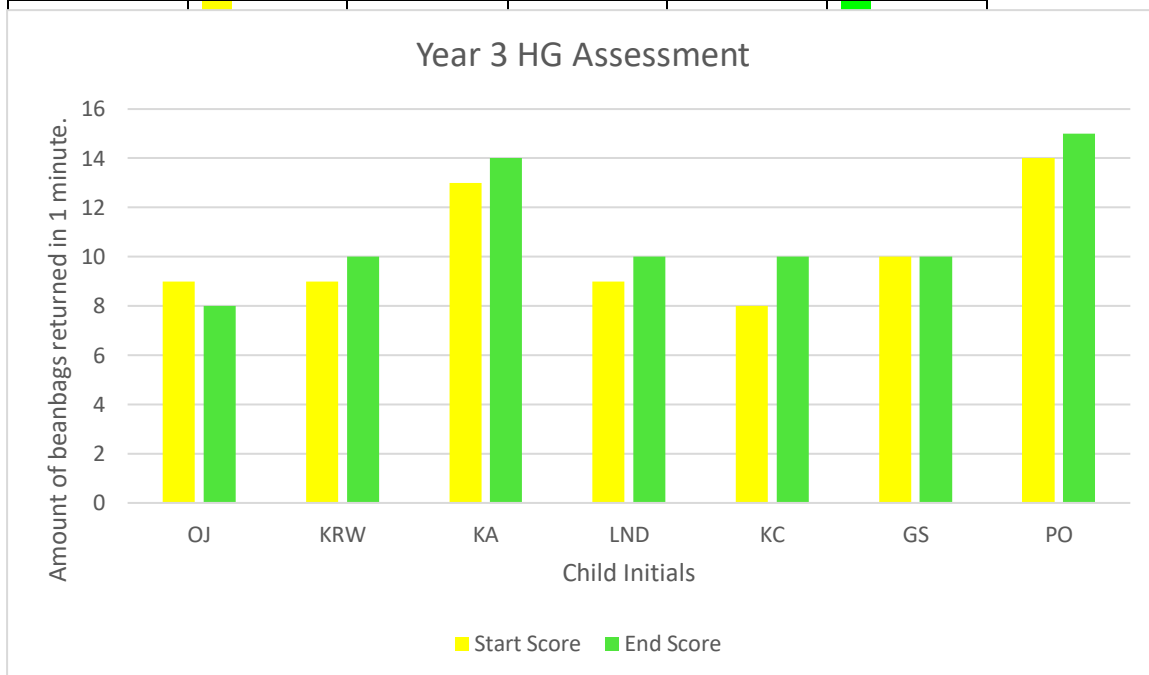
<u>Name/Date</u>	<u>25/04/23</u>	<u>02/05/23</u>	<u>09/05/23</u>
PF	6	7	5
TJS	7	6	8
FG	5	6	7
SR	9	10	10
GI	8	9	9



<u>Name/Date</u>	<u>Shown Progression</u>
PF	No
TJS	Yes
FG	Yes
SR	Yes
GI	Yes

Year 3 HG - Number of beanbags retrieved in 1 minute across each week participating.

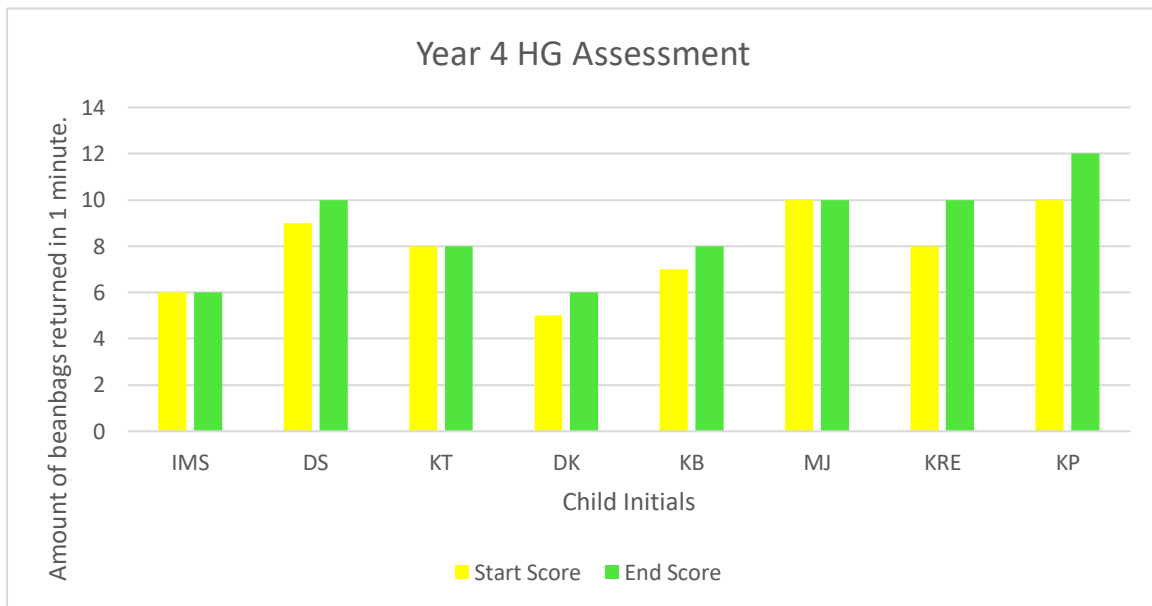
<u>Name/Date</u>	<u>19/04/23</u>	<u>26/04/23</u>	<u>03/05/23</u>	<u>10/05/23</u>	<u>17/05/23</u>
OJ	9	8	7	8	8
KRW	9	10	X	X	X
KA	13	14	13	12	14
LND	9	10	10	10	10
KC	8	9	10	9	10
GS	10	9	8	9	10



<u>Name/Date</u>	<u>Shown Progression</u>
OJ	No
KRW	Yes
KA	Yes
LND	Yes
KC	Yes
GS	No
PO	Yes

Year 4 HG - Number of beanbags retrieved in 1 minute across each week participating.

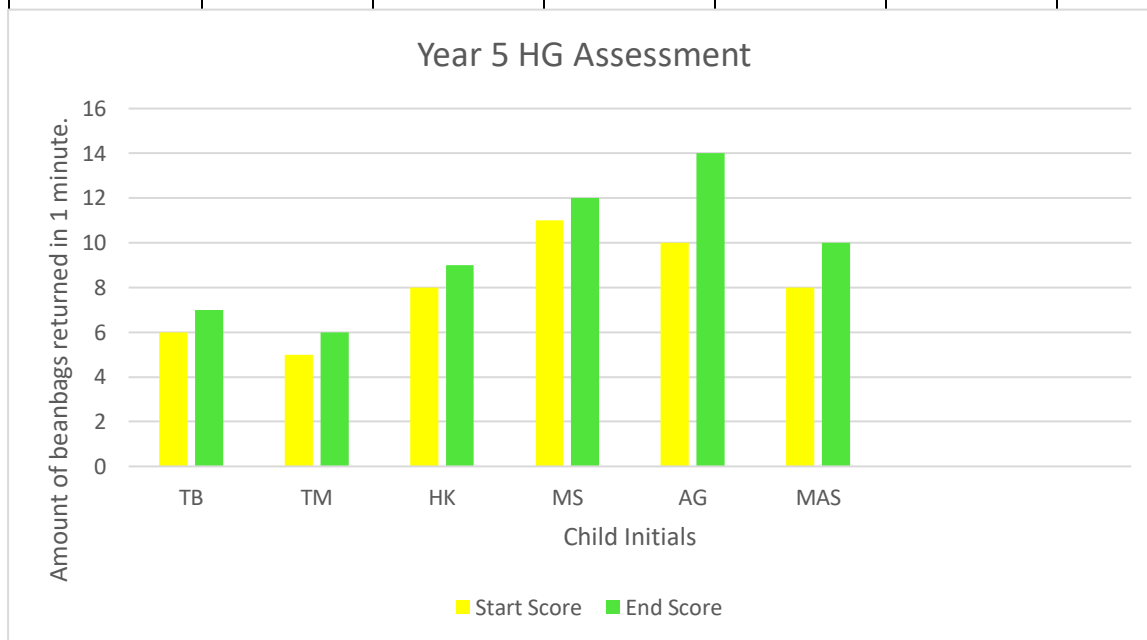
Name/Date	19/04/23	21/04/23	28/04/23	12/05/23
IMS	6	6	6	6
DS	9	9	8	10
KT	8	8	7	8
DK	5	5	6	6
KB	7	7	8	8
MJ	10	10	9	10
KRE	8	8	9	10
KP	10	10	12	12



Name/Date	Shown Progression
IMS	No
DS	Yes
KT	No
DK	Yes
KB	Yes
MJ	No
KRE	Yes
KP	Yes

Year 5 HG - Number of beanbags retrieved in 1 minute across each week participating.

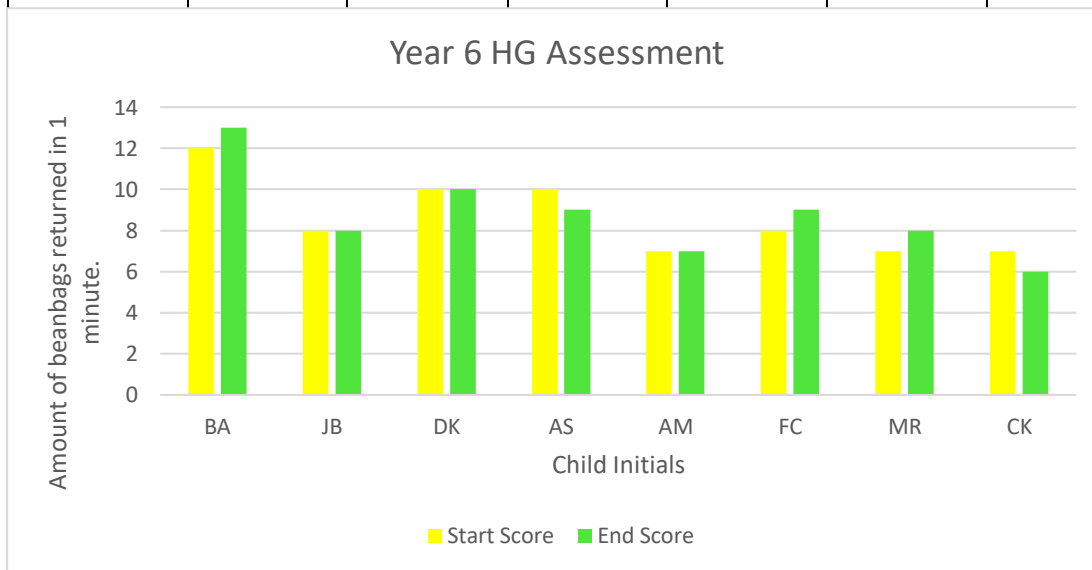
<u>Name/Date</u>	<u>18/04/23</u>	<u>27/04/23</u>	<u>04/05/23</u>	<u>11/05/23</u>	
TB	6	X	7	7	
TM	5	5	6	6	
HK	8	8	8	9	
MS	11	12	11	12	
AG	10	12	13	14	
MAS	8	10	10	10	



<u>Name/Date</u>	<u>Shown Progression</u>
TB	Yes
TM	Yes
HK	Yes
MS	Yes
AG	Yes
MAS	Yes

Year 6 HG - Number of beanbags retrieved in 1 minute across each week participating.

<u>Name/Date</u>	<u>12/05/23</u>	<u>19/05/23</u>			
BA	12	13			
JB	8	8			
DK	10	10			
AS	10	9			
AM	7	7			
FC	8	9			
MR	7	8			



<u>Name/Date</u>	<u>Shown Progression</u>
BA	Yes
JB	No
DK	No
AS	No
AM	No
FC	Yes
MR	Yes
CK	No