



**St Anne's Catholic Primary School & North West Community Sports
Improving Lifestyles Through Sport Report
2021/2022**



Introduction

St Anne's Catholic Primary School have a rich history of health, fitness & sporting activity in the local area and in partnership with North West Community Sports, are committed to "improving lifestyles through sport," to not only it's pupils and staff, but to fellow parents and the wider community all year round.

PE & School Sport

As part of the national curriculum, St Anne's Catholic Primary School currently provide all children across the school with a minimum of 1 hours physical education a week with the option of a further 2 / 3 hours through extra-curricular activities.

The PE lessons are both energetic and educational, the content of which focuses on children's health, wellbeing, fitness and diversity by experiencing new sports and activities every half term (6/7 weeks). Rugby, dance, gymnastics, tennis, cricket, athletics, basketball, netball, gaelic football and football have all been covered in the past 12 months with children having not only just sampling how to play each game / sport, but learnt the skills related to these including throwing, catching, passing, moving, moving in time to beats and rhythm plus showing a wide range of body movements.

Active 60 Minutes

At St Anne's Catholic Primary School, we are committed to providing at least 30 minutes of The Governments suggested 60 minutes of physical activity each day. Through our own competition calendar and links with local schools as well as our links with the Knowsley School Sports Partnership, we give more pupils access to character-building competitive sport and volunteering opportunities. We focus on ensuring boys and girls have an equal and coordinated offer of sport, competition and activity in school as well as competitions after school and during weekends and holidays. Children in UKS2 are invited to partake in volunteering as School Lunch Time Buddies to support our active lunch time activities for all ages.

Extra-Curricular Clubs

The activities on offer by the school interlinked with NWCS cover a wide range of the children's interests and new activities to keep children's minds open and diverse while also offering something different for everyone.

The clubs run every 6/7 weeks with sessions covering athletics, running, orienteering, performing arts, football, dodgeball, handball, multi-skills, yoga, healthy cooking and forest schools to name just a few. These have been well attended with between 15 & 25 joining in each club (club numbers limited to 25 for insurance reasons) and each night for an additional hour after school.

Depending on the nature of the club, some of the attendees are then signposted to other activities that link into these sports outside of school providing children and parents with another fitness and community outlet outside of the school environment.

Sporting activity is also available for children to take part in at lunch time with 30 minutes per class each day available through daily competitions & challenges against each other.



2021/2022	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Mon	Football	Football	Football	Football	Football	Football
Tue	Performing Arts	Grub Club	Rugby	Dance	Grub Club	Basketball
Wed	Football	Team Games	Handball	Performing Arts	Dodgeball	Gymnastics
Thu	Dodgeball	Cross Country	Multi-Skills	Athletics	Running	Tennis
Fri	Multi-Skills	Yoga	Yoga	Orienteering	Netball	Hockey

School Teams

With such a high interest in sport at St Anne's Catholic Primary School, we try to take our children to local competitions arranged through the Knowsley School Sports Partnership or through contact with local schools. An aim for the future is to continue to host termly competitions & challenges in our grounds welcoming other schools and children to see our superb facilities.



Half Term Activities

Through North West Community Sports, children have had the option to attend activities at St Anne's Catholic Primary School for 50 weeks of the past year. This has been done by opening the building during the half term and Summer holidays (with the exception of Christmas & New Year) as sporting and educational sessions have been held for 6 and a half hours a day.

The half term events have been well attended by pupils who have taken part in competitions, challenges, tournaments along with performing arts displays and yoga with mindfulness sessions. Additional learning support sessions with reading & writing have taken place during the school holiday periods.

Half Term	Summer	October	February	April	May	June	Summer
Mon	46	34	19	28	24	17	47
Tue	49	37	27	35	37	23	52
Wed	53	44	34	47	43	28	57
Thu	34	37	31	45	33	25	51
Fri	22	31	22	31	21	14	32

- NOTE: Summer numbers are averaged out over the 5 weeks that the camps ran
- NOTE: June numbers are lower as it was a 3 day week due to the Queens Platinum Jubilee

St Anne's Catholic Primary School in the Community



in the summer.

This year our school has branched out into the local community in providing health and wellbeing clubs. A weekly running club was started in January 2022 and was well attending every Wednesday. The school also opened its facilities to the local community on a Wednesday for Yoga. The school have also been actively involved in 'Litter Picks', Junior parkruns and the school even took over the local parkrun at Stadt Moers during Sports Week

The school have worked with Enrich Education to provide a Quidditch Day and North West Community Sports led a whole school Sports Day as well.

Liverpool Harriers have also worked with our children in Upper Key Stage 2 in conjunction with the LFC Foundation. This provided Upper Key Stage 2 with expert coached who worked with pupils on their athletics skills.

