



Red Hall Primary School School Sport Overview



At Red Hall, Physical Education, School Sport, and Physical Activity (**PESSPA**) are of paramount importance. We are deeply committed to the value of high-quality physical education, opportunities for physical activity, and participation in school sports. Each of these aspects significantly impacts health and emotional well-being and plays a crucial role in whole school improvement. Our goal is to provide opportunities for our pupils to become confident and physically literate in a manner that supports their well-being. Additionally, we aim to offer opportunities for children to compete in sports and other activities to build resilience and instill values such as teamwork, fairness, and respect. This document focusses on the School Sport at Red Hall.

What is school sport?

School Sport is the structured learning that takes place beyond the curriculum (i.e. in the extended curriculum) within school settings; this is sometimes referred to as out-of-school-hours learning. Again, the context for the learning is physical activity. The 'school sport' programme has the potential to develop and broaden the foundation learning that takes place in physical education. It also forms a vital link with 'community sport and activity'

What is the impact of School Sport in Red Hall?

Physical Health: Improved Fitness: Regular participation in sports helps students maintain a healthy weight, build strong muscles and bones, and improve cardiovascular fitness. Reduced Health Risks: Active students are less likely to suffer from obesity, diabetes, and other lifestyle-related diseases.

Mental Health: Stress Relief: Physical activity is known to reduce stress and anxiety levels, helping students manage the pressures of school life. Boosted Mood: Exercise releases endorphins, which can improve mood and overall sense of well-being.

Social Skills: Teamwork: Participating in team sports teaches students the importance of working together towards a common goal.

Communication: Students improve their communication skills, both verbal and non-verbal, through interactions with teammates and coaches.

Community and School Spirit: School Pride: Successful sports programs can boost school spirit and pride among students, staff, and the wider community.

What is the school sport that takes place at Red Hall?

- Half Termly Intra-School Competition days
- Sports Week
- Sports Day
- Wyvern Sports Day
- Competitions in partnership with Darlington School Sport Partnership

Intra-School Competitions

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Honesty	Belief	Teamwork	Passion	Respect	Determination
Golf	Throwing and Catching	Dance	Obstacle Course	OAA	Team Building
Golf	Archery	Dance	Kurling	OAA	Handball
Golf	Archery	Dance	Badminton	OAA	Fencing

EYFS

1

KS1

2

KS2

3

