

Year 5/6 PE/Sporting Opportunities

2026/27

Physical Literacy

Physical literacy
is our **relationship**
with **movement**
and **physical activity**
throughout life.

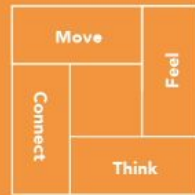
A personal relationship

Having a positive and meaningful association with movement and physical activity.



Movement and physical activity

How we move (physical), connect (social), think (cognitive) and feel (affective) during movement and physical activity plays a crucial role.



Throughout life

Influenced across the lifecourse by individual, social and environmental factors.



Year 5 Curriculum

A broad and balanced program to inspire, engage and support every student.

TERM 1



Rugby



Yoga

TERM 2



Swimming



Gymnastics



Netball

TERM 3



Hockey



Swimming



Gymnastics

TERM 4



Dance



Tennis

TERM 5



Athletics



Intra House
event



Fitness

TERM 6



Cricket



OAA



Developing skills, building confidence and fostering wellbeing
through a diverse range of activities and experiences.

Year 6 Curriculum

A broad and balanced program to inspire, engage and support every student.

TERM 1	TERM 2	TERM 3	TERM 4	TERM 5	TERM 6
 Rugby	 Netball	 Dance	 Gymnastics	 Athletics	 Cricket
 Mental Health workshops	 Yoga	 Hockey	 Tennis	 Intra House event	 OAA
	 Swimming	 OAA PLUS RESIDENTIAL		 Fitness	



Developing skills, building confidence and fostering wellbeing through a diverse range of activities and experiences.

OUR EVENTS



**Sport events for the year
are available on the**

PE ParentHub page



Sports Games Values

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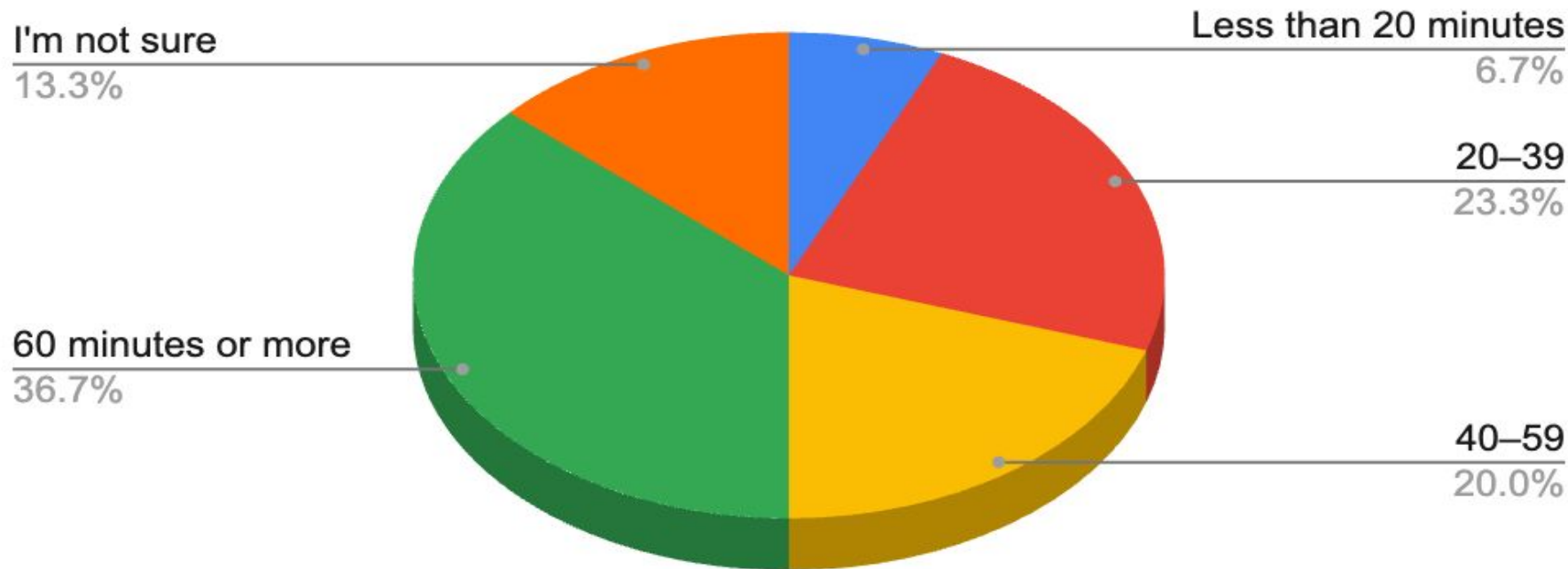


Event intents

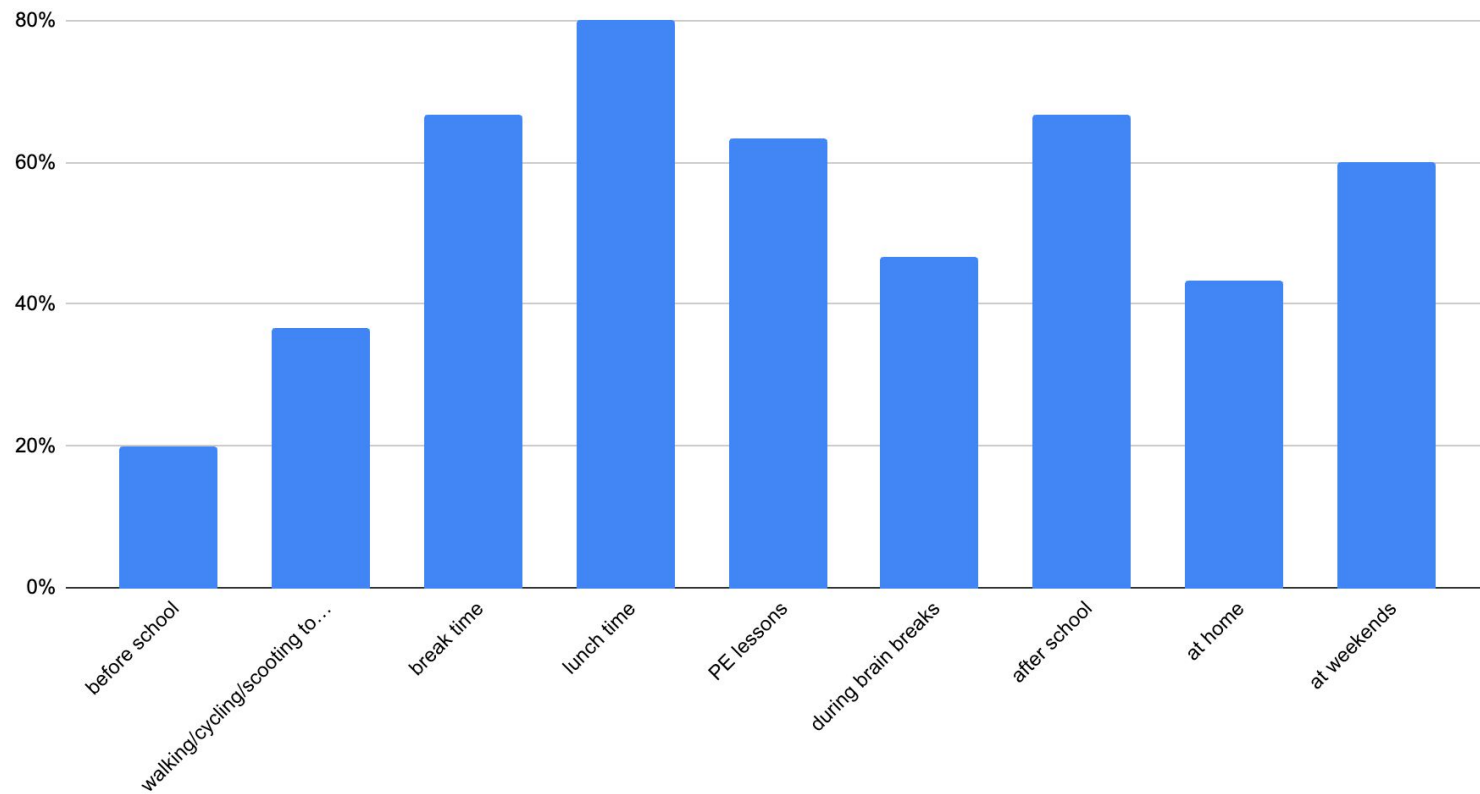
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Develop confidence and competence within Physical activity / sports skills
Increase regular participation and motivation
Improve knowledge and understanding of sport and physical activity
Build social skills and connections (ie sense of belonging)
Championing physical literacy
Improve health and well being (i.e. 60 active mins)
Engage new/target groups of young people (tackling inequalities)
Provide inclusive opportunities
Create positive experiences
Promote success and achievement
Supporting transition
Develop Leadership, character , life
Championing youth engagement
To engage / influence wider stakeholder

On a normal school day, how much time do you spend being active?



When are you active?



When are you active?

Key findings based on the research

There was strong and consistent evidence that sport and physical activity interventions had positive effects on the diagnosed mental health problems of children and young people.

Aerobic exercise was the most common mode of physical activity intervention used, and this had a moderate effect on depression.

Aerobic plus resistance exercise interventions were less common, but these had strong effects on symptoms of depression.

Physical activity of moderate-to-high intensity was most effective in treating depression in adolescents.

The effects of randomised controlled trials delivered in group settings were strong, particularly when compared to effects of programmes delivered on a one-to-one or individual basis.

Bloxham GameChangers

Bloxham GameChangers is a new initiative designed to give children the opportunity to become leaders, role models and positive ambassadors for sport across our school.

GameChangers will play an important role in supporting PE and helping younger pupils to enjoy and engage with sport. Their responsibilities may include:

- **Supporting teachers in PE lessons** – helping to set up and put away equipment and assisting with activities.
- **Supporting other children** – encouraging and helping pupils who may be finding an activity challenging.
- **Being positive role models** – demonstrating good sportsmanship, teamwork, resilience and a positive attitude.
- **Supporting younger year groups at sporting events** – attending events, cheering others on and helping younger pupils feel confident and included.
- **Helping with the Foundation Multi-Skills event** – working alongside Mr Sorrell to help the event run smoothly and ensure the younger children have a fantastic experience.
- **Promoting a love of sport** – encouraging others to get involved, have a go and enjoy being active.

Being a Bloxham GameChanger is about more than being good at sport. It is about **leadership, responsibility, kindness, encouragement and setting a great example to others.**

We hope our GameChangers will become familiar and trusted faces around school who help make PE and sport an enjoyable experience for everyone.



Parent/guardian helpers

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- The majority of our sport events will need parent/guardian helpers (to keep the children safe, support with the sport/activity etc).
- The Sports Premium budget has been reduced significantly, which could have a knock on effect in regard to how much coach/bus travel we can use.
- Club opportunities?! If any parents have any sporting expertise or who would like to support in the leading of a Sports Club please do contact the school or find Mr Sorrell and we can look to make this happen!