

Physical Education

Here at Acomb we believe passionately that sport and healthy living is a fundamental part of a child's education.

We follow the Physical Education National Curriculum.

Each week, children will have 2 PE lessons per week, one of which is delivered by a specialist PE coach.

Each year children in Key Stage 2 attend an eight week swimming session programme in line with the Swim England's School's Swimming Charter. Here at Acomb we were one of the first schools in York to employ this scheme and accompanying assessment. This is taught at the nearby Energise Leisure Centre.

We achieved the Bronze School Games Mark in 2016 and achieved Silver in 2017. We were also awarded the Bronze ModeShift Stars Travel award in 2016 and Silver in 2017. We were also recognised with Active PE School of the Year 2018. This recognises the quality and continuing development of our schools sport provision.

School sports clubs run regularly after school and a wide selection is offered throughout the year. In recent years this has covered all traditional sports, such as rugby, tennis and football, and also more unusual sports such as dodgeball. Further supporting this we run 'Fitness Fridays' where children are encouraged to cycle, scoot or walk to school and participate in a whole school Friday Mile around the grounds.

With these clubs, Acomb has seen sustained sporting success in recent years, including visiting the North Yorkshire Football Finals, reaching the CADE trophy final and consistently finishing top three in leagues in all sports.

Schools receive the Sports Premium Allocation each year and this must be used to make long-term, meaningful improvements to the provision in place. The amount for the academic year 2017-18 is £16,000 plus £10 per pupil on role. For further information on how this is spent and the impact of this see the report on our website.

Active Travel

School Travel Statement

At Acomb Primary School we are committed to encouraging children to travel to school through alternative means to simply the car, with emphasis on cycling, scooting and walking. Working alongside us, we have the UK charity Sustrans who support us in providing workshops and resources.

Our Active Travel Policy outlines how we are continuing to support children in making healthy transport choices. For those unable to come by foot, bike or scooter, we have an agreement with the local church at the top of West Bank to allow us to use their facilities as a 'Park and Stride' centre, allowing you to park 5 minutes from school and walk the remaining distance. For the safety of our students all non-allocated bays in our car park have double yellow lines and we ask that car users do not park outside the houses on West Bank as this can cause congestion and difficulties for residents.

If you have any ideas about how to improve travel to school then please speak to our sports and healthy lifestyles coordinator Mr Dennis or our Sustrans Schools officer Erin Gray (erin.gray@sustrans.org.uk).

Travel2School

We are a Travel2School school (formerly Bike-It). This means we consider it a priority to make a shift in the way in which children travel to school. Since September 2015, Erin Gray (our Travel2School officer) has been working closely with us on behalf of Sustrans. This has helped us to deliver a range of cycle and scoot skill sessions across both Key Stage phases, whilst also developing English, Maths and PE skills. Highlights have included 'Learn to Ride', 'Dr Bike' and 'Scooter sessions'.

Each year we take part in the City of York Council's Pedestrian Training (Year 3 pupils) and Bikeability (Year 5/6 pupils) schemes.

This has led us to finish top 100 in the country during the annual 'Big Pedal' for the last two years, showing our ongoing commitment to sustainable travel,

Healthy Eating

Alongside the work we complete, both in and out the classroom, we believe it is important children understand the importance of a healthy diet. This is taught through our Science and PSHCE topics and through whole school assemblies and events.

Through national schemes, children up to the age of 5 are provided with milk and children up to the end of Year 2 are given a free piece of fruit at break time. All children, regardless of age, are encouraged to bring fruit as their snack and to have a water bottle in the classroom to stay hydrated.

If children bring packed lunches from home we would ask that these represent a healthy and balanced meal **with no nut products**.