

A guide to KS2 Games and sport philosophy

This article sets out to give a brief overview of KS2 sport provision and a general idea of our philosophy to sport for this age group.

As a basic structure all Year 3,4,5 and 6 students have two games afternoons per term of the main sport. Mondays 2.50-4.05 and Thursdays 2.20-4.00. We run an additional session on Mondays (traditionally know as squads) from 4.15- 5.10. We keep all the children out for the late Monday session up until half term during the Michaelmas. From then until Half term in the Lent we allow students to choose if they want to go back to lower school for a supervised prep session or stay on for the extra session. This is in part due to the change in weather and light conditions at that time of year and also takes account of those students who are less keen on the particular team sport on offer. During the summer we again keep all the students out until half term. The Monday session is always open to all whatever age or ability.

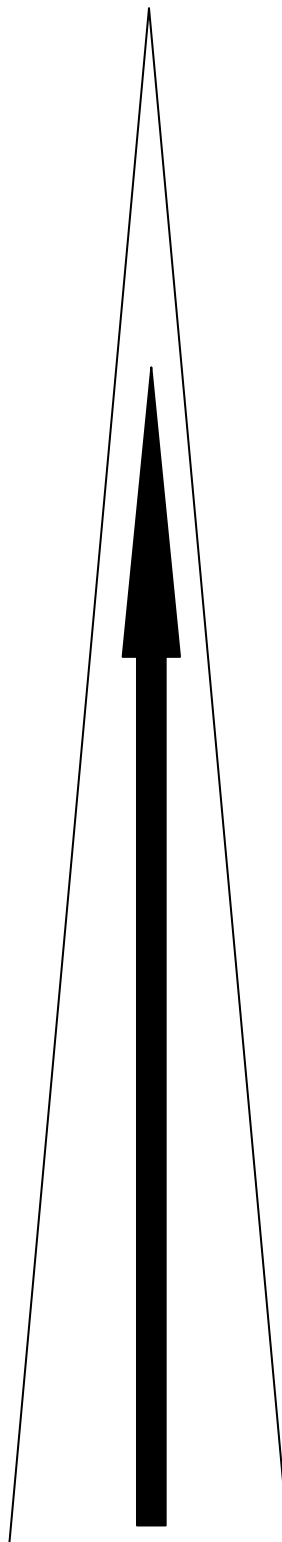
Because of the change in the sport we play each term some students find that the two sessions are enough particularly when the weather becomes changeable

Generally those who stay on get an opportunity to be selected for teams, however due to the mix of ages and maturity at this stage of schooling we have to be mindful about putting the safety of the students first and we do not wish to knock their confidence by placing them in a competitive environment they are not physically ready for. Because we believe teaching in smaller groups is more conducive to learning we split KS2 into groups based on maturation and current skill level. Movement between groups is very fluid and takes into account the development stage that each child in at.

Our general approach is to have fewer if any matches in the first half of each term so we can work on the sport skill and organisation and then have a number of select fixtures in the second half of term. Most of these are conditioned games with the objective of giving match experience. Given our geographic location accessing suitable, fair and even fixture is very challenging. We are not a prep school and have a different philosophical approach to the long term development of students. We are not looking to peak at 13.

The model below may help to explain the phases that we work with. We are focused on lifelong participation in sport at whatever level and giving appropriate opportunity to engage in physical activities based on maturation.

Age	Characterise by
?	Retirement from competitive sport
M. 18+ F. 16+	Physical technical tactical and mental capacities established
M. 15-18 F. 14-16	Development of physical & competition capacity
M. 12-15 F. 11-14	Technical and tactical sport specific skills
M 9-12 F. 8-11	Basic sport specific skills
M. 6-9 F. 5-8	Generic movement Skills



Stage of development
Retirement and retention
Train to win
Train to Compete
Train to Train
Learn to train
Fundamentals

When we play fixtures against other schools we are genuinely not interested in the score but are focused on performance and improvement of the individual with the most important goal of learning life lessons.

We hope that by the end of KS2 every student who wants too will have had an opportunity to play in a competitive fixture. We also manufacture competition within the games sessions by playing conditioned games and house matches. Because of our timetable all students in KS2 have access to the best coaches the College has for the major games.

All KS2 also benefit from an additional timetabled PE lesson which focuses on the fundamental movement skills that underpin all activities. PE lessons also introduce new sports such as badminton and basketball. They also have a double swimming session which gives water confidence and stroke development. All students easily surpass the national curriculum standards for swimming at this level.

This combination of Games, PE and aquatics gives a very diverse physical literacy which we believe will underpin all individual sporting development through the school and beyond.

We are proud of our track record in sport and what is most impressive is the high participation rates that the school achieves through adolescence and 6th form. At stages when students in other schools start to leave sport we surpass national averages for participation right through to upper 6th. We feel this justifies the approach we take in KS2 not to 'burn out' students with early specialisation, and an over emphasis on competitiveness which are hall marks of many schools. We want students to enjoy a balanced active and healthy lifestyle deep into life. If winning was our goal we could manipulate our fixture list to play poor sports schools and win all the time but our philosophy is to use sport to learn life lessons and encourage participation, and enjoyment in physical movement .