



PE Cultural Capital

“As part of making the judgement about the quality of education, inspectors will consider the extent to which schools are equipping pupils with the knowledge and cultural capital they need to succeed in life. Our understanding of ‘knowledge and cultural capital’ is derived from the following wording in the national curriculum:

‘It is the essential knowledge that pupils need to be educated citizens, introducing them to the best that has been thought and said and helping to engender an appreciation of human creativity and achievement.’”

(Ofsted School Inspection Handbook, Nov 2019)

Cultural Capital is the accumulation of knowledge, behaviours and skills that a student can draw upon and which demonstrates their cultural awareness, knowledge and competence. It is one of the key ingredients a student will draw upon to be successful in society, at secondary school and further education and eventually their career and the world of work.

At Dean Field we enhance children’s experiences and learning by utilising different opportunities in our Science curriculum and around school and within our wider community.

We provide engaging Physical Education lessons weekly whilst teaching the National Curriculum topics to develop their basic fundamental skills. We encourage children to extend their vocabulary within Physical Education. We take advantage of any opportunities to visit our local community or wider community to see what is happening around us, with adults modelling and encouraging the right social, language and behavioural skills. We also take advantage of in school and outer school competitions especially within the school trust. Where possible, we invite our parents and carers in to join us to participate in sporting activities, modelling to them behaviours we want to promote in our school and community and sharing ideas with them on how this can be supported at home too.

Whole School

Lockdown Stay at Home Sporting Challenge

During lockdown, the whole school participated in a variety of sporting activities such as . It allowed children at home to feel connected with the school and their friends during a time of limited contact.

We discussed the sporting world and all the sporting heroes. For a reward, two professional sporting stars: Luke Ambler (rugby player) and Hollie Armitage (cricket player) created a video to congratulate the children for their fantastic efforts.



Virtual Sports Week 2020

The whole school participated in a whole week of sporting activities. We learnt a variety of skills and created posters, banners and medals to celebrate everyone's great achievement. The sports leads modelled the activities in order to show best technique.

Some children participated at school and some participated at home.



Must Knows

The whole school start each year with a copy of the must knows shown below. They include the vocabulary to be learnt and the key teaching. These are shared on Seesaw to allow parents to share this vocabulary with their children.

[illegible]

EYFS Physical Education: Musk Knows

Top Vocabulary

take turns – taking one after the other	work usually – being able to follow work with others in a group without being silly or unkind
team – all others have in team and use equipment together	listen – instructions that help us do what we do in an activity
skill – instructions that can perform with our body such as jumping and running	observe and copy – to watch someone carefully and repeat what they do
control – means your body is doing what your mind wants it to do	mental health – physical activity helps our mental health and well-being
non-compliance – to trust your body when moving in a certain way	

Ability

Ability to change directions quickly

Body changes in exercise

When we exercise, our body changes. When we exercise we get hot and our hearts beat fast. Our bodies get sweaty and we get energy.

Our heart beats faster and we also breathe faster.

We warm up – we warm up our bodies and muscles to get ready for exercise.

Cool down – when it is cool down to help the body recover safely from exercise.

We do a cool down to help the body recover safely from exercise.

Fundamental Movement Skills (ABCs)

Balance


Hold a position without falling

Locomotion

Move from one more body parts smoothly such as hitting a ball with a bat

Manipulation

Use objects with hands





12 days of fitness

Both schools in the trust participated in the 12 days of fitness. One activity was available each day to take part, with children have a reward for completing all 12 activities. A majority of the staff members joined in with the full 12 activities as a competition to win a prize for their class.

Reindeer Run

The whole school took part in a reindeer run around the school playground in order to raise money for Overgate hospice.

Fundraising

We raised money for Overgate hospice. We raised a fantastic £3519.35.





Children in Need - Joe Wicks

The whole school joined in with 5 day, 5 minute exercise classes in the morning delivered by Joe Wicks. We even received a letter from Joe Wicks himself to congratulate us for taking part.



A special thank you from Joe Wicks

Hi guys,

I just wanted to say a huge thanks to all of you for supporting BBC Children in Need again this year. We know it's been a really tough year, so whatever you did to support it is so appreciated.

I hope you enjoyed joining in with me for my 24 hour PE challenge - it was incredible to see so many of you getting involved and having you join in really helped me to make it to the end of the 24 hours!

Hope to see you soon! Thank you!

Joe Wicks, BBC Children in Need Ambassador

Race for Life - Cancer Research

All the children and the staff have taken part in the Race for Life. Race for Life is a charity event, and all the donations are raised for Cancer Research. The total amount raised by Dean Field School is £529.50 and £111.75 Gift Aid. Cancer Research is a charity that is very close to the some of the staff and children's heart.



Nursery

In nursery, we visited Ogden Waters for a woodland walk. We discussed the seasons and different types of living things.



In nursery, we learnt how to ride balance bike using a variety of skills which can be transferred into riding a push bike.



Reception

In Reception, we have taken part in lots of space games including dressing as an astronaut to take off into space! We also practised some more of our space dance.



In Reception, we safely walked to Shroggs Park and had fun blowing bubbles, eating a healthy treat, racing around the maze and collecting acorns.

In reception, we studied Venus Williams for Black History month. We watched videos of her playing tennis and then had a go ourselves at practising some tennis skills outside.



Year 1



In Year 1, we safely walked to Beechwood Park to look at the different variety of trees.

In Year 1, we used dancing and movement to count to 100 in maths. Each set of ten had a different movement.



Year 3

This month Kenya class will be learning about ...

Lewis Hamilton
7th January 1985

Lewis is a British racing driver for Formula One for Mercedes. He is a six-time Formula One World Champion and regarded as one of the greatest drivers in the history of sport. He won Sports Personality of the Year in 2014. Lewis won his first World Champion in 2008 and was the youngest winner at only 23 years old. In 2009, he was awarded an MBE by the Queen.

He is the first and only black driver to race in Formula One.



In Year 3, we studied Lewis Hamilton for Black History Month. We watched his Formula one racing highlights.

In Year 3, we have an external dance teacher teaching us a Roman dance linked to our topic. We learn the correct techniques of movement in dance.

Year 5

In Year 5, we go to an external swimming baths to learn how to swim according to the national curriculum objectives. We learn how to be safe in the water including any survival techniques.

Year 6



In Year 6, we studied Kobi Bryant for Black History Month. We watched his basketball highlights during our PE lesson.

In Year 6, we go to an external swimming bath to learn how to swim according to the national curriculum objectives. We learn how to be safe in the water including any survival techniques.