**January 2017 KS1 P.E. and Healthy Lifestyle Pupil Questionnaire**

KS1 children were given a questionnaire on Tuesday 17th January. The first question they were asked was: **How do you think PE and sport contribute to your health and wellbeing?**

It keeps you fit.

The children’s answers included:

It’s fun!

My heart beats faster.

PE helps my brain think better.

My muscles get stronger.

Other sports and activities which KS1 would like the opportunity to participate in during PE and after school club time are karate, long jump, horse-riding, tennis and cycling.

**Three KS1 children compete as part of a team in Community Sport**; one in hockey, one in rugby and the other in swimming. They said that being part of a team “makes them fitter” and that they enjoy working together with their friends.

**Community clubs the children attend for training and competitive opportunities:**

St Neot Cricket Club Zero Gravity

Caradon Hockey Club Tennis at Menheniot

Jason Thomas Performing Arts Liskeard-Looe Rugby Club

**Autumn Extra-curricular Sport and Healthy, Active Lifestyle Activities**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Club | Year Groups | Focus | Number of girls  | Number of boys  | Total in attendance |
| Football | 2-6 | Basic skills of dribbling, stopping and kicking the ball. | 5 | 17 | 22 |
| Hockey | 2-6 | Basic skills of dribbling, stopping and pushing the ball. | 8 | 8 | 16 |

**Spring Extra-curricular Sport and Healthy, Active Lifestyle Activities**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Club | Year Groups | Focus | Number of girls  | Number of boys  | Total in attendance |
| Football | 2-6 | Building on the skills of dribbling, stopping and kicking the ball. | 5 | 14 | 19 |
| Cross Country | 2-6 | To improve endurance and understanding of how to pace self in a long distance race. | 1 | 9 | 10 |
| Archery  | 2-6 | Basic skills of grip, loading the arrow, stance and aim. | 3 | 9 | 12 |
| Cookery | F-2 | To begin to understand and apply the principles of nutrition and learning to cook.  | 7 | 3 | 10 |