



Weston Green
School

SPORT



Inspiring individuals and nurturing potential for a successful future



Sports Development Programme at Weston Green

At Weston Green, we aim to ignite a life-long love of sport for each and every child through the following:

- A co-ordinated sports curriculum from Early Years through to Key Stage 2
- High quality coaching with well qualified staff and coaches
- Excellent coach:player ratios
- Skills-based sessions which allow each child to learn and achieve success
- Regular use of a range of facilities including Old Cranleighans Sports Club
- Experience of competitive sport for all pupils, through regular participation in fixtures against other schools, school tournaments and house matches, plus an annual Sports Day and swimming gala
- A wide range of enrichment clubs run by sports coaches and teaching staff
- Opportunities to represent the school through regional and national competitions

Our aims:

- To promote a healthy lifestyle
- To provide a safe and enjoyable learning environment for pupils to experience sport
- To develop a strong sporting spirit of sportsmanship, respect for opponents and officials and a healthy sense of competition

With regular games sessions each week led by specialist teachers, our pupils benefit from experienced coaching and support throughout the school year and their time at Weston Green.

Sport in Early Years:

All pupils in Kindergarten and Reception enjoy weekly dance and games lessons, as well as yoga sessions. Dance and movement is an essential part of Early Years education, enabling pupils to express themselves creatively, whilst developing their imagination and a sense of rhythm.

During weekly games lessons, the focus is on ball skills, catching, throwing and dribbling with a ball, which all help to develop children's gross motor skills. In addition, Reception enjoy a term of gymnastics, and swimming.

Sport in Key Stage 1:

In Key Stage 1, pupils enjoy a weekly games lesson led by a specialist teacher, as well as a term of gymnastics lessons, a term of swimming and regular yoga sessions.

A skills-based curriculum helps to build confidence, whilst an introduction to team games helps to develop a healthy sense of competition.

Sport in Key Stage 2:

In Years 3 to 6, pupils experience a wide range of sports including football, hockey, netball, athletics and cricket, plus a term of swimming. Pupils benefit from a combination of practice and team play.

High quality coaching enables pupils to improve their skills and uncover potential. There are plenty of opportunities for competition. It is important to us that every child experiences competitive match play through our programme of external fixtures and tournaments at local, regional and national level.

Pupils that show potential to achieve Sports Scholarships at 11+ are fully supported and their talent nurtured, to enable them to reach their full potential.

Termly sports programme:

	AUTUMN	SPRING	SUMMER
BOYS	FOOTBALL	HOCKEY	CRICKET & ATHLETICS
GIRLS	NETBALL	HOCKEY	CRICKET & ATHLETICS

Weekly sports programme:

MONDAY

YEAR 1 GAMES (1 hour on site)

TUESDAY

Kindy (1 hour)

Year 1 & Reception (1 hour)

YEARS 3 & 4 (1 hour)

YEARS 5 & 6 (1 hour)

WEDNESDAY

SWIMMING

(1 term per year group)

Excel Leisure Centre swimming pool

THURSDAY

YEAR 2 (1 hour)

YEARS 3 & 4 (2 hour)

FRIDAY

YEARS 5 & 6 (2 hour)



Weston Green School,
Weston Green Road, Thames Ditton,
Surrey, KT7 0JN

Telephone: **020 8398 2778**

Email: info@westongreenschool.org.uk

www.westongreenschool.org.uk

   #WeGuideSuccess

Sporting achievements:

2022

- **Netball** - ISA London South Regional Runners up and ISA National Plate Runners up
- **Football** - ISA Football Festival Plate Winners
- **Boys hockey** - ISA National Bowl winners (Unbeaten and didn't concede a goal on the day)
- **Girls hockey** - ISA National Cup qualifiers
- **Mixed hockey** - ISA London South Bronze Medalist
- **Athletics** - ISA London South Regional multiple medal winners (6 gold, 3 silver, 1 bronze)
- **Cricket** - ISA National Silver medalists in cricket ball throw (2 medals)



Weston Green
School