

Guidelines for Lunchtime on the Sports Pitch at Winton Primary

Lunchtimes on the sports pitch

The purpose of lunchtimes on the sports pitch is to provide children with meaningful, engaging, fun, physical activities.

There are three groups that are allowed to come to the sports pitch at lunchtime. Approximately, these are the timings. The year-groups are on the rota on the gate.

- 12.15pm to 12.30pm 1st group
- 12.30pm to 12.45pm 2nd group
- 12.45pm to 1pm 3rd group

The process for each group

- On entering the sports pitch, initial children should be sent to sit on wall
 - Very quick verbal explanation of each area (demo if needed)
 - Children grouped (mixed years and boys/girls) and sent to an activity area
- Children entering the sports pitch later will go to one of the activity areas. The coach needs to be mindful that new children are added to smaller groups, and there is a mix in each group boys/girls and mixed year groups
- Coach needs to make sure children are engaged in the activity, and help extend and challenge activities if needed for some children
- Groups of children are moved round each activity, using a whistle to signal the time to move (coach needs to decide when to do this)
- At the end of each 15-min session, use whistle to get children lined up at gate. Children walk out of area

Using monitors on the sports pitch

- Coach can use monitors at activities to help children with new activities, or with groups that need more help
- Monitor can round up next group from main playground

Types of activity, equipment, and set-up of pitch

- Minimum of four activities set-up on the sports pitch by 12.15pm
- Activities shouldn't need much or any instruction or explanation
- Activities should be fun and engaging, with the aim of developing physical skills

- A variety of activities are offered each lunchtime, and that one activity does not dominate the lunchtimes
- Activities are not team sports, or involve keeping score, or have winners or losers
- Children need to return to class ready to learn
- Coach needs to reflect on the activities they use, and keep activities that work well
- Coach needs to make-up new activities and try these on the sports pitch – feedback to Kim on how they worked
- All equipment packed by 1pm by last group of children
- Equipment kept in order, and kept in cupboard under the arches

Behaviour at lunchtimes

Behaviour on the Sports Pitch needs to be inclusive. Children need to be doing the task given, sharing equipment properly, taking it in turns, not making winners and losers etc. If the coach sees behaviour that is not like this, then they need to intervene.

These steps must be followed in order to ensure high expectations of behaviour in PE:

WARNING	Give a brief, firm verbal warning to the child
STAND-OUT	Send the child to stand in front of the wall in the sports pitch for two minutes. After two minutes, child re-joins activity.
GET HELP	Send a monitor to get an adult from the playground.

Don't give out rewards or stickers for good behaviour – use praise, encouragement and enthusiasm instead.

Observation checklist

These are things to look for in a lunchtime observation:

- ✓ Follow the process above
- ✓ Engagement of children. Children should be doing the correct activity.
- ✓ Range and appropriateness of activities (see list below)
- ✓ Coach enthusiasm and encouragement of children
- ✓ Behaviour of children

Examples of activities that would work

- Skipping – individually or long-rope teams
- Ladders / hurdles
- Hoops on floor to move through
- Throwing or catching in pairs or groups
- Javelins / bean bags throwing
- Throwing or heading into a hoop or target
- Badminton in pairs

- Hula hooping
- Hockey dribbling
- Bowling at a stump or target

Note: The activity may need to be adapted for the Reception and younger children e.g. lower hurdles

Towards Sports Day the coach should think about what skills or activities the children will be doing at sports day and make activities for lunchtime which help prepare them for sports day.

Examples of activities that shouldn't be used

- Anything involving kicking a ball
- Anything which involves keeping score against someone else, and having winners and losers e.g. pat ball against a wall
- Anything involving teams that compete against each other, e.g. races
- Anything where someone can be 'out'
- Activities that involve queues

Equipment and storage

Ideally the lunchtime equipment needs to be stored under the arches; this equipment should be separate from the PE equipment.