

# SMSC Newsletter

Welcome. This month we're looking at SMSC in PE so let's get on the starting block.

Finding SMSC in Physical Education can be challenging, I used to teach keep fit (back in the day) and became a qualified instructor, however, I never had to think about SMSC, British Values and PSHE. This month's subject looks at the origins of sports, activities taught in school and I've put together a selection of games and sports for all ages. Ready, Steady, GO!

Most of the team sports played in schools today originated or were invented in the United Kingdom which means that although these team games are part of our culture, they are in fact part of our heritage:

## Rounders

The earliest reference found for this popular game was 1744 and originally called Base Ball. First nationally formalised rules were drawn up in 1844 in Ireland. (Here's the shortened version)



## Cricket

First mentioned in the history books as a children's game played in 1597 in Guildford, Surrey and was called creckett. It must have gained in popularity and passed onto the adults as in 1611 two men in Sussex were prosecuted for playing cricket on Sunday instead of going to church.

## Football

Although there is earlier evidence of the game from around the World,

Football became a game of two halves in England in the mid 19th century and called Football because the game is played on foot rather on horseback.



Other sports rooted in the United Kingdom include Rugby, Badminton and Tennis with only Basketball/Netball originating in the USA and Gymnastics in ancient Greece and formalised in Germany.

## Participating, cooperating and resolving conflicts

Whilst compiling the Newsletter, I took a look at the Grid to see how it was filling up and noticed that this one element was completely blank - of course team sports such as football, netball and rugby are great examples of how this element is filled. It isn't the only one that can be applied to Physical Education though:

Participating and responding to cultural activities

Understanding and appreciating personal influences

Investigating moral values and ethical issues

Recognising right and wrong and applying it

Understanding the consequences of actions

Developing personal qualities and using social skills

Understanding human feelings and emotions

Using imagination and creativity in learning

Physical Education also covers just under a third of PSHE which can also be monitored on the Grid and don't forget British Values; Mutual respect and tolerance.

Please click on this link to view the Newsletter Grid - Filter the results for whichever subject you wish to look at in more detail (Click Filter View and choose the subject - apply the filter and then save to PDF). The button below will take you to our website for more details about Gridmaker.

Gridmaker

Here are a few traditional outdoor games and sports played in other countries around the World that could be safely played in school



## Kabaddi

This game is probably where our game of 'Tag' came from. It is popular all over Asia and originated in ancient India - there is actually a governing body for Kabaddi - Here are the rules.

## Games played in China

How about traditional Chinese games like Catch the Dragon's Tail or Moon Cake

<https://www.activityvillage.co.uk/traditional-chinese-games>



Dance is a great form of exercise and whilst it might have its own slot in some schools curriculums, there is nothing like a bit of boogie to get those hearts pumping and fulfilling the 'Participating and responding to cultural activities' and 'Using imagination and creativity in learning' elements of SMSC



Here are some great links to dance activities:

Dance like the Romans did:

[http://downloads.bbc.co.uk/schoolradio/pdfs/ks2\\_dance\\_romans.pdf](http://downloads.bbc.co.uk/schoolradio/pdfs/ks2_dance_romans.pdf)

Easy dance moves to music they will love:

<http://www.thepespecialist.com/dance2/>

Lets go Global - here are some traditional dances from around the World:

[http://fitforafeast.com/dance\\_cultural.htm](http://fitforafeast.com/dance_cultural.htm)

Did you know .....

Gridmaker has a small tab in the bottom right hand corner of the screen - 'Live Help' is part of our support network. The live help system is manned during office hours and available 24 hours a day, 7 days a week. Any questions or requests for customisation to Gridmaker can be typed in and an operator will respond. Out of hours enquiries will be dealt with the next working day and responded to via e-mail.

Here are some more links that may be of interest

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<http://www.sportsforschools.org>

[http://www.boxercise.co.uk/schools/boxercise\\_for\\_schools.php](http://www.boxercise.co.uk/schools/boxercise_for_schools.php)

**Toddler Triathlon** - The ultimate sporting challenge!



Here's a great find for Nursery and Pre-School - not so much exercise but great for motor skills:

<http://theimaginationtree.com/2013/09/40-fine-motor-skills-activities-for-kids.html>

## **Events**

Coincidentally it seems that May is a month of a few Health and Well Being Events

**May is National Walking Month**

<https://www.livingstreets.org.uk>

**7th May - Red Cross Week**

<http://www.redcross.org.uk/Get-involved/RedCrossWeek>

**8th May - Mental Health Awareness Week**

<http://www.mentalhealth.org.uk>

**10th May - Walk and Bike to School Day**

<http://www.walkbiketoschool.org/plan/how-to-plan>

**15th May - Walk to School Week**

<http://www.livingstreets.org.uk/what-we-do/projects/walk-to-school-week>



**26th May - 30th June - Ramadan**

<http://www.infoplease.com/ramadan-and-eid-al-fitr>

**28th May 2017 - World Hunger Day**

<http://www.worldhungerday.org>

June is LGBT Month

<http://lgbthistorymonth.org.uk>

11th June - Trooping the Colour

<http://www.householddivision.org.uk/trooping-the-colour>



## In the News

### Premier League turning to Education

<http://www.skysports.com/football/news/11661/10818880/premier-league-primary-stars-to-help-educate-children-in-schools>

### iAbacus - not just for SMSC



iAbacus is a must for evaluating SMSC across the school however, whatever your role in school, iAbacus helps you evaluate impact, analyse effectiveness and plan strategic actions to improve. iAbacus is unique. It's interactive, engaging and a joy to use.

So straightforward - you'll start using it immediately and instinctively. It will guide you through a proven evaluation and strategic planning process developed during 40 years of working in schools.

iAbacus enables shared evaluations and action plans which provides leaders with valuable insights into effectiveness across groups of users

and automatically creates combined self-evaluation reports and action plans which are clear, concise - and perfect for sharing with others.

iAbacus for SMSC

iAbacus Website

Finally .....



<http://list25.com/the-25-most-obscure-sports-in-the-world/5>

We have our share of strange sports in this Country such as Cheese Rolling in Gloucester or the Cotswold Olimpicks where the shin kicking event is the most popular but for those of you with wild and wacky imaginations, I also came across Sheep Counting in Australia, Wife Carrying competitions in Finland and Underwater Ice Hockey which originated in Austria. Give me a good old fashioned game of rounders - please!

**Bye for now**

Tricia Cadman - T: 0115 942 8912 E: [tricia@opeus.org](mailto:tricia@opeus.org)

**Technical Support**

Diane T: 0115 942 8913 E: [diane@opeus.org](mailto:diane@opeus.org)

Nick: T: 0115 942 8911 E: [nick@opeus.org](mailto:nick@opeus.org)

**iAbacus**

Dan: T: 0115 942 8914 E: [dan@opeus.org](mailto:dan@opeus.org)

Chris: T: 0115 942 8910 E: [chris@opeus.org](mailto:chris@opeus.org)