



**Indoor PE Kit**—Plain White T-shirt, Black shorts & Black PE pumps

**Outdoor**—Plain White T-shirt, Black tracksuit bottoms, Black jumper & trainers

- PE is organised and delivered by Miss Smith (Sports Activity Leader).
- Each class teacher will deliver 1 hour of PE per week.

**Training**—Miss Smith has a BA Honours degree in sport and regularly attends training courses to keep up to date with new initiatives. These course are available to all staff to maintain up to date knowledge.

**Resources**—We have an indoor hall, hard court Netball/Basketball & Football pitches and a grassed playing field. We have portable equipment and fixed equipment.

# Physical Education

2015-2017

## Extra Curricular Activities

	Autumn 1 Commencing 21st Sept	Autumn 2 Commencing 9th Nov	Spring 1 Commencing 11 <sup>th</sup> Jan	Spring 2 Commencing 1st Mar	Summer 1 Commencing 18 <sup>th</sup> Apr	Summer 2 Commencing 13th Jun
<b>M</b>	MIXED BASKETBALL YR 6	MIXED HOCKEY YR 6			MIXED FOOTBALL YR 3	
<b>Tu</b>	ZUMBA YR 1/2/3	BASKETBALL TEAM (AM) ATHLETICS YR 5/6	BASKETBALL TEAM (AM) ZUMBA YR R	BASKETBALL TEAM (AM)	BASKETBALL TEAM (AM)	ROCHDALE FOOTBALL ALL
<b>W</b>	BOYS FOOTBALL YR 6 NETBALL YR 3/4/5/6	BOYS FOOTBALL YR 6 NETBALL YR 3/4/5/6	BOYS FOOTBALL YR 6 NETBALL YR 3/4/5/6	BOYS FOOTBALL YR 6 NETBALL YR 3/4/5/6	BOYS FOOTBALL YR 6 NETBALL YR 3/4/5/6	BOYS FOOTBALL YR 5 NETBALL YR 3/4/5/6
<b>Th</b>	GIRLS FOOTBALL YR 4/5/6	GIRLS FOOTBALL YR 4/5/6 ELITE GYM YR ALL	YEAR 4 BOYS FOOTBALL	GIRLS FOOTBALL YR 4/5/6	GIRLS FOOTBALL YR 4/5/6 GYM YR 2	GIRLS FOOTBALL YR 4/5/6 BOOTCAMP YR 3/4/5/6 GYM YR R/1

## Creating The Vision

Better PE experience leads to more engagement in after school sports, which leads to more involvement in competitive sport and leads to improved links with community and clubs.

Physical education is embedded throughout the school and is seen as an important vehicle in developing a confident and competent pupil. During lessons we strive to challenge, motivate and enable pupils to progress and achieve. We aim to encourage them to keep fit and develop their social and physical skills across a range of activities.

PE and sport is a central part of school's development plan, specific skills and the positive values of sport are integrated into the schools ethos. PE is used to engage the wider community and increase positive relationships with other schools.



Sports Activity Leader: Miss Smith  
Sports Co-ordinator: Mrs Rothwell



## Physical Education Year Plan

Autumn 1			Autumn 2			Spring 1			Spring 2			Summer 1			Summer 2		
Y	Unit	Skills	Unit	Skills	Unit	Skills	Unit	Skills	Unit	Skills	Unit	Skills	Unit	Skills			
R	Multi— Skills	Running, Jumping, agility, Coordination, throwing, catching & Rolling	Gymnastics & Dance	Balance, coordination & Movement patterns Listening and interpreting dance	Gymnastics & Dance	Balance, coordination, Movement patterns & performance Observing and coping dance	Football, Hockey & Basketball	Control, passing, receiving & shooting	Net/wall Strike & Field	Hand-eye coordination Throwing, catching & striking	Football, Hockey & Basketball	Attacking & Defending, Teamwork & Tactics					
1	Multi— Skills &  Gymnastics	Running, Jumping, agility, Coordination, throwing, catching & Rolling  Balance, coordination Movement patterns	Gymnastics & Dance	Balance, coordination & Movement patterns Jumping & Landing Partner work & sequencing Observing and coping dance	Gymnastics & Dance	Balance, coordination, Movement patterns Partner work & sequencing Observing and coping dance, Movement in lines and rows	Football, Hockey, Netball & Basketball	Passing, receiving & shooting. Attacking & Defending Teamwork & Tactics	Net/wall Strike & Field	Hand-eye coordination Throwing, catching & striking	Athletic activities	Running, jumping & throwing Individual & teamwork					
2	Hockey, Basketball & Rugby	Techniques & Control Passing & Moving Attacking & Defending Teamwork	Gymnastics & Dance	Movement patterns Partner work & sequencing Observing and coping dance, Movement in lines and rows	Gymnastics & Dance	Sequencing & performance Observing and coping dance, Movement in lines and rows	Indoor Games  Tri-Golf	Throwing & catching, Attacking & defending  Team work & tactics	Net/wall Strike & Field	Throwing & catching striking & Fielding	Athletic activities	Running, jumping & throwing Individual & teamwork					
3	Hockey, Football & Basketball	Attacking & Defending Teamwork & Tactics Positioning & Understanding	Gymnastics & Dance	Sequencing & performance Flexibility, strength, technique, control & balance Observing and coping dance, Movement in lines and rows	Fitness & Athletics	Flexibility, strength, technique, control & balance	Netball, Rugby, Indoor Games	Attacking & Defending, Moving & Marking Teamwork & Tactics	Strike & Field	Striking & fielding techniques	Net/wall	Fundamentals, Rules & regulations Tennis strokes					
4	Hockey, Football, Basketball & Rugby	Attacking & Defending Teamwork & Tactics Positioning & Understanding	Gymnastics & Dance	Sequencing & performance Flexibility, strength, technique, control & balance Observing and coping dance, Movement in lines and rows	Fitness & Athletics	Flexibility, strength, technique, control & balance	Netball, Rugby, Indoor Games	Rules & Positioning defending Attacking & Defending Team work & tactics	Strike & Field	Striking & fielding techniques	Net/wall	Strokes, Footwork & Rallies					
5	Hockey, Football, Basketball, Netball & Rugby	Attacking & Defending Teamwork & Tactics Positioning & understanding Creating space	Gymnastics & Dance	Linking & Sequencing Demonstrating & Performing Observing and coping dance, Movement in lines and rows	Fitness & Athletics	Fitness components, Learning about the body during exercise Techniques & Skills	Indoor Games Netball & Rugby	Rules & Positioning defending, Skills & Development Attacking & Defending Team work & tactics	Strike & Field	Striking & fielding techniques. Positioning & teamwork	Net/wall	Scoring, Serving & Matches					
6	Netball, Football, Rugby, Hockey & Basketball	Attacking & Defending Teamwork & Tactics Positioning & Understanding Off the ball movements	Gymnastics & Dance	Linking & Sequencing Demonstrating & Performing, feedback & evaluation Observing and coping dance, Movement in lines and rows	Fitness & Athletics	Fitness components Body management during exercise Techniques & Skills Monitoring & recording Observation & Evaluation	Indoor Games Netball & Rugby	Rules Attacking & defending Skills & Development Team work & tactics	Strike & Field	Striking & fielding techniques. Positioning & teamwork	Net/wall	Scoring, Matches & Doubles					

Our PE Scheme of work for key stage 1 & 2

- ⇒ Provides complete coverage of the national curriculum
- ⇒ Teachers knowledge, skills & ideas based on specific Training and previous learning
- ⇒ Ensures continuity and progression with challenge elements
- ⇒ Provides inclusion and opportunities for all pupils

**Long Term Plan**—Our long-term plan maps out the PE activities covered in the academic year, proving curriculum continuity and progress.

**Medium Term Plans**— The medium term plans map out each topic covered within each half term block.

**Short Term Plans**—Short Term Plans underline the specific skills and principles in each lesson.

Lessons are planned to build on prior learning with emphasis being on the progression of skills ensuring that pupils are increasingly challenged as they move up the school. The indicators of progression are incorporated in the national curriculum programmes of study for PE.

*All children are encouraged to participate in Physical Education and lessons are organised appropriately to suit individual needs, ensuring all children are achieving. A medical certificate is required to be excused from PE.*

**Inclusion**—Children with special needs are included in all PE lessons and adapted if necessary to set appropriate learning challenges.