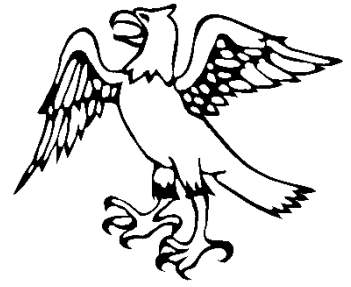


# Physical Education at Fairfield's Primary School and Nursery

**Subject Leaders: Mrs S. Rigby and Miss L. Cooper**



## **Purpose of study**

Our high-quality Physical Education curriculum inspires all pupils to succeed and excel in competitive sport and other physically demanding activities. It provides opportunities for all pupils to become physically confident in a way, which supports their health, mental wellbeing and fitness. We provide opportunities for the children to participate in a variety of sports and other activities, which build on their character and help to embed essential values such as fairness, respect and a lifelong love of being physically active.

## **Aims**

The National Curriculum for Physical Education aims to ensure that all pupils:

- Develop competence to excel in a broad range of physical activities
- Are physically active for sustained periods of time
- Engage in competitive sports and activities
- Lead healthy, active lives.

## **Attainment targets**

By the end of each Key Stage, pupils at Fairfield's Primary School and Nursery are expected to know, apply and understand the matters, skills and processes specified in our relevant programme of study that is delivered by Mr Zarkadoulas alongside class teachers and learning assistants and led by Miss L. Cooper and Mrs S. Rigby. (Please see separate documents which detail each year group's programme of study)

## **Key Stage One**

Key Stage One Pupils are taught to develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They are taught to engage in competitive (both against self and against others) and cooperative physical activities, in a range of increasingly challenging situations.

### **Pupils are taught to:**

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- participate in team games, developing simple tactics for attacking and defending
- perform dances using simple movement patterns.

## **What has been taught in Physical Education in Key Stage One at Fairfields Primary School this year?**

During this academic year, the Key Stage One children have/will have completed the following units in Physical Education with Mr Zarkadoulas.

Autumn Term – Y1 Fundamentals & Striking and Fielding

Y2 Ball Skills & Net and Wall

Spring Term – Y1 Gymnastics & Ball Skills

Y2 Gymnastics & Target Games

Summer Term – Y1 Net and Wall games & Invasion Games

Y2 Striking and Fielding & Invasion Games



Above is an example of a Key Stage One PE lesson where the children are participating in a Ball Skills lesson. The skill the children were learning was to catch the ball with two hand with some coordination and technique. By mastering this skill, the children will be able to build their hand eye coordination and catch with some consistency in game situations.

## **Key Stage Two**

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

### **Pupils should be taught to:**

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate (for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis), and apply basic principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance (for example, through athletics and gymnastics)

- perform dances using a range of movement patterns
- take part in outdoor and adventurous activity challenges both individually and within a team
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.

## What has been taught in Physical Education in Key Stage Two at Fairfields Primary School this year?

### Year Three

Autumn Term – Tennis & Tag Rugby

Spring Term – Gymnastics & Football

Summer Term – Rounders/Cricket & Athletics



Above is an example of a Year Three PE lesson where the children are participating in a cricket lesson. The skill the children were learning was to begin to strike a bowled ball using different equipment and explore bowling and fielding skills to include a two-handed pick up and long and short barriers. By mastering this skill, the children will be able to develop consistency and build their technique to apply to a game setting.



## Year Four

Autumn Term – Tennis/Swimming & Tag Rugby

Spring Term – Gymnastics & Football

Summer Term – Rounders/Cricket & Athletics



Above is an example of a Year Four PE lesson where the children are participating in a cricket lesson. The skill the children were learning was to develop batting technique consistent with the rules of the game and develop bowling with some consistency. By mastering this skill, the children will be able to effectively strike the ball and bowl accurately.

## Year Five

Autumn Term – Tennis and Tag Rugby

Spring Term – Gymnastics & Hockey

Summer Term – Cricket/Rounders & Athletics



Above is an example of a Year Five PE lesson last academic year where the children are participating in a Rugby lesson. The skill the children were learning was to explore creating tactics with others and applying them to game situations. By mastering this skill, the children will be able to work as a team.



## Year Six

Autumn Term – Tennis & Tag Rugby

Spring Term – Gymnastics & Hockey

Summer Term –Rounders/Cricket & Athletics



Above is an example of a Year Six PE lesson where the children are participating in a rounders lesson. The skill the children were learning was to strike a bowled ball with increasing accuracy and consistency. By mastering this skill, the children will be able to play successfully in a game situation.

## **Extra-Curricular Activities**

- Year 6 Football Fixtures
- Ball Skills Clubs (Year 1-4)
- Football Club (Year 5 & 6 Boys and Girls)
- Woodys Academy After School Clubs
- Woodys Academy Breakfast Clubs
- Balance Bike Lunch Club for disadvantaged children (Key Stage One only)
- Pop Dance KS1 and KS2
- Netball Club (Year 5 & 6)
- Yoga
- Wake Up and Shake Up

## **Additional Sporting Events**

- Sports Days for each Year Group
- Staff vs Yr 6 children Netball and Rounders matches
- Great School Run for each Year Group
- Workshops

## **Sporting Workshops That Have Taken Place**

- Maypole Workshop
- Boxing Workshop
- Skip2Bfit
- Trampoline Workshop
- Zumba/Dance Workshop
- Fencing Workshop
- Badminton Workshop
- Football Freestyle
- Archery
- Quidditch
- Scoot and Skate

## **Promoting a lifelong passion for Physical Education**

- Active Lunch and Break time with equipment
- The Daily Mile!
- Mr Zarkadoulas' games for 30 minutes twice times a week during lunch time.
- Rota for the Gym Equipment (Key Stage Two only)
- Rota for dedicated Football zone (Key Stage Two only)
- Rota for Adventure Trail (Both Key Stage One and Two)
- Fully resourced school with a huge range of equipment
- Balance Bikes purchased
- Playground Pals (Sports Leaders)

## **Useful Links:**

GetSet4PE Active Families: <https://www.getset4pe.co.uk/ResourceBank/ResourceCategory/1002>

PE with Joe Wicks:

<https://www.youtube.com/playlist?list=PLyCLOPd4VxBuS4UeyHMccVAjpWaNbGomt>

Cosmic Yoga:

<https://www.youtube.com/user/CosmicKidsYoga>



## Photos of some of our recent Sporting Events

