



Physical Education and Sport



National Curriculum

Key Stage 1

Pupils should 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 should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.



Dance



Dance is a key focus of the new curriculum making up two thirds. In each year group; children will take part in dance twice a year, with each unit lasting 6 weeks.

Gymnastics



Each year group will complete one gymnastics unit, lasting one half term. During the gymnastics unit, children will be developing their strength, suppleness, flexibility and balance through a range of activities.

Games



Competitive sport is now a key aspect of the new curriculum. Children will learn the skills and rules of a number of different games and apply them to game situations.

The games that we play at our school are:

Football
Cricket
Tennis
Basketball
Tag Rugby
Rounders
Athletics

Children will be given the opportunity to take part in competitions throughout the academic year.

Clubs



There are a variety of after school clubs available to children who are wanting to play games outside of their PE lessons or who just want to learn a new skill!

Children will be given opportunities to learn a range of skills as well as developing team-work.

After school clubs available are:

Martial Arts / Boxing
Cricket
Tennis
Football (Multi-skills)
Gymnastics
Dance
Fencing



PE Kit



Plain White Polo Top



Black shorts



Plimsolls or Trainers



PE Bag