

Eastfield Primary School



Parent information booklet

Physical Education

Areas covered in Physical Education

The order in which topics are covered may vary. Games are carried out each term by every year group.

<u>Year</u>	<u>Autumn term</u>	<u>Spring term</u>	<u>Summer term</u>
<u>Year 1</u>	Gym Games	Dance Games	Games/Athletics Outdoor and adventurous
<u>Year 2</u>	Games Gym (Aut 1) Dance (Aut 2)	Games Gym (Spr 1) Dance (Spr 2)	Games/Athletics Outdoor and adventurous
<u>Year 3</u>	Dance Games	Gym Games	Games/Athletics Outdoor and adventurous
<u>Year 4</u>	Gym Games	Dance Games	Games/Athletics Outdoor and adventurous
<u>Year 5</u>	Dance Games	Gym Games	Games/Athletics Outdoor and adventurous
<u>Year 6</u>	Gym Games	Dance Games	Games/Athletics Outdoor and adventurous

Aims & Objectives

- To know about the importance of health and fitness.
- To learn about health and safety procedures.
- To work as a member of a team.
- To use tactics and understand the rules and conventions of different games. (Games)
- To develop throwing, catching and ball skills. (Games)
- To use defending and attacking skills in a range of games. (Games).
- To use bats and racquets. (Games)
- To create and perform dances; and to experience dances from different cultures. (Dance)
- To put together simple sequences and movements. (Gymnastics)
- To develop the skills of: jumping, throwing and running. (Athletics)
- To be able to swim for at least 25 metres unaided. (Swimming)

What are 'Physical Education' lessons like?

Physical Education (PE) lessons are divided into four main areas. The four areas are as follows:

1. Warm up/ Stretches

The children will perform a simple and quick activity to prepare their bodies for exercise. Any stretches performed will be appropriate to the activity and age group. Children will also be taught health and safety procedures appropriate to the activity they are taking part in.

2. Skills

The children will be taught skills to practise or learn, e.g. throwing and catching skills or a dance movement.

3. Game / Composition

The children will then get the chance to apply the skills they have learnt in a game or by composing / combining some of the movements they have learnt into a dance or gymnastic performance piece.

4. Cool Down /Evaluation

The children will perform a simple and quick activity in order to help the body relax and will also get an opportunity to evaluate their performances and discuss what improvements could be made.

How can parents help to develop 'Physical Education' skills?

- Make sure your child has all the appropriate clothing for PE lessons and is not wearing **any** jewellery – this is part of his or her learning about health, fitness and safety procedures and follows our local authority guidelines.
- Encourage your child to take part in sports and active hobbies.
- Talk about the importance of exercise and keeping healthy.
- Remind your child that it's not the winning that matters, but the taking part and having fun.