

# Physical Education



At Westlea Primary School we recognise the importance of Physical Education to a child's physical, cognitive, social and emotional development as well as the role it can play in a child's moral and cultural development. Physical Education develops the children's knowledge, skills and understanding, so that they can perform with increasing competence and confidence in a range of physical activities. Physical Education promotes an understanding in children of their bodies in action. It involves thinking, selecting and applying skills and promotes attitudes towards a healthy lifestyle. This enables them to make informed choices about physical activity throughout their lives.

We aim to provide a broad and balanced P.E curriculum to aid children's increasing self-confidence in their ability to manage themselves and their bodies within a variety of movement situations. A balance of individual, team, cooperative and competitive activities aim to cater for individual pupil's needs and abilities. In addition to the importance placed on P.E lessons, we also promote our wider curriculum offer which includes the offer for pupils to take part in extra-curricular sports and activity clubs and competitions. Daily physical activity and health enhancing activities also play a role in our offer to pupils. This includes active lessons, the daily mile, active break and lunchtimes and extra-curricular activities.



Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Physical Education</b>						
1	Games skills (Rollaball): rolling, throwing and catching	Dance: Toys	Gymnastics (Making Shapes): rolls, balances and jumps on the mat and using apparatus	Yoga: develop coordination, agility and balance	Games (Bean Bag Throw): throwing, catching, interception games	Athletics: practising skills needed for Sports Day
2	Piggy in the middle Invasion Games	Families of Actions Gymnastics	Cat Dance Dance	Kick Rounders Striking and Fielding Games OAA	Mini Tennis 1 Net and Wall Games	Off, up and away Athletics
3	Invasion Games Skittles Basketball	Dance Round the clock	Gymnastics Balancing Act	Invasion Games Endzone Hockey	Striking and fielding games Arc Rounders	Athletics Further, Faster, Higher
4	Invasion Games Touchball Football	Gymnastics Partner Work	Dance Machines	Net Wall Games Mini Tennis 2	Striking and fielding Games Zone Cricket	Athletics Pass the Baton
5	Dance Indian Delights Swimming	Invasion Games Netball Swimming	Gymnastics Acrobatic Gymnastics Swimming	Striking and fielding Games Cricket Swimming	Athletics Swimming	OAA Swimming
6	Invasion Games Basketball Indoor Athletics	Gymnastics Group Dynamics	Dance Street Dance	Invasion Games Rugby/Hockey	Striking and Fielding Games Baseball/Rounders	Athletics OAA (Residential)