



Physical Education

Eversley Primary School Physical Education Vision:

'For all children to leave Eversley Primary School with the skills, confidence, knowledge and enthusiasm for a lifelong participation in physical activity and sport.'

Physical Education is an essential part of our school curriculum at Eversley. We ensure that all children are provided with the opportunity to participate in two high quality PE lessons each week.

Pupils in Year 5 take part in swimming lessons for fifteen weeks for one of their PE lessons each week. The sessions are delivered by qualified instructors at Arnos Swimming Pool.



Physical Education

Eversley Primary School Physical Education Kit consists of:

- A house colour T-shirt - with the school logo on the front
- New Eversley blue PE fleece
- Blue shorts - with no stripes, logos or other colours
- Plain black trainers or plimsolls (no white) - that fit properly and are different to shoes worn in school
- A PE bag - a proper bag clearly named, not a plastic carrier bag
- Plain royal blue or black tracksuit or jogging bottoms may also be worn for outdoor activities in cold weather





Physical Education

Children not doing PE

Only with the acceptance of a letter from the parent/carer for medical reasons should a child not be participating in PE; however they will need to participate in a PE related activity as it is the law that children have a '2 hour curriculum provision for PE'. For example their teacher may ask them to coach and assess other children, keep score, be a timer or write/draw a picture of rules for an activity.

Children who have forgotten their kit

It is very disruptive when children ask other classes to borrow a PE kit when they have forgotten their own. So to solve this, we have a 'Spare PE kit' box in both welfare rooms and children can borrow from this box on occasions when they have forgotten their PE kit. We would be grateful for donations of spare PE kits for this box.



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Earrings

In accordance with the Association of Physical Education's health and safety policy, only children who have had their ears pierced in the last 6 weeks should have earrings in (only stud earrings allowed) and these should then be covered with micro pore tape which your child's teacher has. Please make sure on the days that your child has PE that earrings are removed or alternatively children will need to remove them before the start of their PE lesson. If you are considering getting your child's ears pierced, it would be helpful if this could happen at the end of the summer term so they can be removed for lessons in September.

Bare Feet

During gymnastics and dance lessons, all children are to have bare feet unless the class teacher has received a note from a parent/carer giving a medical reason for the child to wear trainers.



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Outdoor Wear

For outdoor PE all children should be wearing a plain navy blue tracksuit. There is no required fabric/style. This can be purchased easily from supermarkets, sports shops, etc. Royal blue tracksuits are available from our school uniform shop, if required. Plimsolls can be worn as a form of outdoor footwear but children are encouraged to wear trainers for all outdoor PE lessons.

Please note that girls are not allowed to wear tights underneath their shorts for PE.



Physical Education

Physical Education inspires all pupils to succeed and achieve in competitive sport and other physical activities. It provides opportunities for pupils to become physically confident in a way that supports their health and fitness.

Key Stage 1 children focus on developing their fundamental movement skills, through accessing a broad range of activities to extend their creativity, balance, agility and coordination.

Key Stage 2 children focus on applying and developing a broader range of skills; learning how to use them in different ways and linking them to make actions and sequences of movement. They enjoy communicating, collaborating and competing with each other in a range of sports and activities as well as developing an understanding of how to improve through reflection and evaluation to help recognise their own success.

Key Stage 1 PE Curriculum Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	<p>Gymnastics Travelling (Safe and Healthy)</p> <p>Games Bouncing and Catching</p>	<p>Dance Simple Movement Patterns (Healthy Muscles)</p> <p>Games Travelling with the ball</p>	<p>Dance Exploring Patterns and Pathways, Developing a simple dance</p> <p>Gymnastics Taking weight on different parts (Warming Up)</p>	<p>Games Sending, kicking and striking</p> <p>Dance Exploring, Gesture and Formation, Creating short dances</p>	<p>Gymnastics Transferring weight from one body part to another</p> <p>Games Receiving with hands and feet</p>	<p>Games Creating games in pairs (Being Active-Being Healthy)</p> <p>Dance Telling a story through dance</p>
Year 2	<p>Gymnastics Balance (Learning About Energy)</p> <p>Games Dribbling</p>	<p>Dance Communicate different moods, feelings and ideas (Benefits of Being Active)</p> <p>Games Throwing and catching</p>	<p>Gymnastics Parts high and low</p> <p>Dance Using dynamics to develop the dance</p>	<p>Games Sending skills</p> <p>Gymnastics Jumping and landing</p>	<p>Dance Learning and performing different styles of cultural dance</p> <p>Games Hitting and striking</p>	<p>Games Running, jumping and hopping</p> <p>Gymnastics Spinning and turning</p>

Key Stage 2 PE Curriculum Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
YEAR 3	Invasion (Creating Space) Invasion (Passing)	Gym (Travelling with a change of direction) Invasion (Keeping possession of the ball)	Gym (Stretching and Curling) Dance	Net/Wall (Directing the ball) Outdoor Ed (Simple orientation using maps)	Athletics Striking and fielding	Striking and Fielding Athletics
YEAR 4	Invasion (Marking and Tackling) Invasion (Controlling and receiving)	Invasion (keeping possession of the ball) Gym (Balance)	Gym (Receiving body weight) Dance	Net/Wall (Directing the ball) Outdoor Ed (Follow map and symbol trails.)	Athletics Striking and fielding	Striking and Fielding Athletics
YEAR 5	Swimming Invasion (Support play and formations)	Swimming Invasion (Shooting and keeping)	Gym (Bridges) Dance	Net/Wall (Directing the ball) Outdoor Ed (orienteering)	Athletics Striking and fielding	Striking and Fielding Athletics
YEAR 6	Invasion (Attacking defending) Invasion (Tag Rugby)	Gymnastics (Counter Balance) Invasion (Tactics)	Dance Gymnastics (Matching and Mirroring)	Net/Wall (Develop individual shots) Outdoor Ed (orienteering)	Athletics Striking and fielding	Net/Wall (Directing the ball) Striking and Fielding