

# Our St Mary Magdalene Physical Education Journey

Our aim is to inspire all children to develop of a love of physical activity and sport

Love to Learn, Learn to Love

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PE starts in EYFS through the 'Physical Development' strand using planned and specific provisions (E.G. PE lessons, Dough Disco, Kinetic Letters etc.). Developing core strength, co-ordination and balance to achieve the 'Early Years Goal.'



Fundamental movement skills will be developed across KS1.



We are starting to develop some sports team who will have the opportunity to play competitively against other schools.

## Early Years

Every child is part of house team and they compete for that team every year.



Hygiene  
Children will learn about the importance of Hygiene & Well-being.



All children in years 3, 4 and 5 will have the opportunity to learn to swim. They will have lessons each year and learn lifesaving and water safety.



The Body  
Children will start to learn about their bodies and the importance of exercise.

### Extra-curricular Clubs

- Netball/ Basketball
- Multi-Sports
- Cricket/ Rounders
- Gymnastics/ Dance
- Badminton/ Tennis
- Football



During lunch times children have a variety ways to be physically active. This developing sharing, teamwork skills and how to get the best from each other. They have access to equipment to stimulate physical activity.



## Year 4

Sport specific skills- Children will learn specific sports skills within lessons applying them in different scenarios and related sports



During years 5 and 6, there is the opportunity to become sports leaders and lead a range of activities during lunchtime.

Year 6 children have the opportunity for a residential trip where they will experience a range of Outdoor Adventurous Activities.



Class teachers will use PE Hub to plan their PE lessons. All children from EYFS to Year 6 will take part in two hours of Physical Education per week.



## Year 5

Every year children will compete in their houses during our annual Sports day.



Children will develop greater understanding of strategies, tactics and rules for sports. They will take on different roles (e.g. umpire, coach).

Children in Year 5 are given the opportunity to increase their bike skills by completing their Bikeability.



## Year 6

Children in Year 6 will have experienced a range of physical activities to increase their fitness, confidence, resilience, independence and lifelong love for physical activity.

