

St.John's CoE VC Primary School Clifton and Redland

KS1 Physical Education

Aim and Objectives

At St. John's we aim to offer to all our younger pupils a balanced, confident and fun start in their physical education experience. We want every child to develop positive feelings about PE and sports and for that reason we will give every child the time and support they need to run, jump, throw, skip and jog.

In EYFS, we introduce to the children the 6 PE animal friends cards and some of our lessons are based on the skills these friends have and we want our children to also develop. For example Balance Bob is a cat with excellent balancing skills, Sarah Strong is a bear famous for the strength of its muscles, Speedy Sue is a cheetah that can run like the wind, Flexible Frank is an octopus able to fit where other don't, Coordination Connor is a dog able to make different muscles work together and achieve great movement results and Stamina Stan is a horse that can run for long distances without getting tired. We progressively mix the skills so that the children start developing more skills at the same time and along with story and game orientated activities we have lots of fun.

In addition, we work a lot on fundamental ball skills (throwing, catching, passing, receiving, rolling), introduce exercise specific language (skip, jog, bend, stretch,) and start stimulating the children with individual, pair and group games in our early attempt to teach them the importance of lining up, taking turns, respecting the rules of a game etc. Children also experience their first movement skills in Gymnastics and Dance and start understanding the meaning of warming up and cooling down in exercise.

In Years 1 and 2, our pupils will continue working on the basis of the skills introduced by the PE animal friends but we will gradually introduce some basic sports specific skills connected with what they already know. For example we will teach them that in order for someone to be able to move and catch a pass in Netball they will need speedy footwork and good hand eye coordination and in Football again speedy footwork and good leg-eye coordination. At the same time age appropriate progression skills will be introduced in Gymnastics and Dance and more connections will be made with subjects they will be working upon more at ks2 like Tag Rugby, Hockey and Bat and Racquet games. Lastly, the values of respect, following the rules, sharing and team work will be highlighted in every chance as a way of promoting sportsmanship and fair-play. We aim our children to take part in school run house competitions and a few selected events with other schools with our main focus being enjoyment, participation and celebrating effort and improvement.

Our ks1 PE Moto is:

Active Start-Active for Life