

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

KS2 Physical Education

Aim and Objectives

At St. John's our ks2 children work within a multi-dimensional framework to further develop their basic fitness skills while at the same time build, improve and excel in developing skills within a variety of sporting activities of the curriculum. Sporting values, social and communication skills competitiveness, perseverance and team spirit are constantly being encouraged and children receive a variety of in school and off site competition opportunities.

In Years 3 & 4 we will continue to build upon speed, balance, strength, stamina, flexibility and coordination within specific subjects of the curriculum emphasising on improving and maintaining a good level on the most important skills needed to be acquired at this age. For example in Netball emphasis will be given on footwork, movement, pivoting, and passing and receiving in play orientated forms that will help children play better when in years 5 & 6 and have more success opportunities. Similarly, in Cricket emphasis will be given in bowling and fielding rather than batting as improvement in batting will come in years 5/6 when children will have better strength and coordination skills. We will continue following our warm up and cool down routines and introduce stretching exercises so that children learn the names and functions of the main muscles of the body.

In Years 5 & 6 our children will receive more technical and tactical coaching on the curriculum sports with more opportunities to play and compete in a variety of competition and events. Emphasis will be given so that even the children that are not so keen on playing or participating in sports, to become motivated to take part, enjoy and build their skills within our inter house competitions or pe lessons. Children will be assessed on swimming skills at the beginning of the year and offered swimming lessons depending on their level where applicable. Children will also undertake more responsible roles by supervising playground games, officiate and help with the running or inter house competitions and sports events and help their peers with developing their skills where appropriate.

Our School PE Moto is:

Exercise-Play-Compete

Win or Lose= WIN