

# 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 and 1/2	Rollaball Striking and fielding	Ten Point Hoops Invasion Games	Making Shapes Gymnastics	Themes and Dreams Dance	Bean Bag Throw Striking and fielding	Off, up and away Athletics
2	Piggy in the middle Invasion Games	Cat Dance Dance	Families of Actions Gymnastics	Kick Rounders Striking and Fielding Games OAA	Mini Tennis 1 Net and Wall Games	Off, up and away Athletics
3	Skittles Basketball Invasion Games	Round the clock Dance	Balancing Act Gymnastics	Touch ball Football Invasion Games	Arc Rounders Striking and fielding games	Further, Faster, Higher Athletics
4	Endzone Hockey-Invasion games: Swimming	Partner Work Gymnastics Swimming	Machines Dance Swimming	Mini Tennis 2 Net Wall Games Swimming	Zone Cricket Striking and fielding Games Swimming	Pass the Baton Athletics Swimming
5	Indian Delights Dance	Netball Invasion Games	Acrobatic Gymnastics Gymnastics	Cricket Striking and fielding Games	Athletics	OAA
6	Hockey/Rugby Invasion Games	Street Dance Dance	Group Dynamics Gymnastics	Basketball/Netball Invasion Games	Baseball Striking and Fielding Games	Three Jump Challenge Athletics OAA