

P.E at Western EYFS

Our youngest children in the school are introduced to P.E and learn its basic principles such as finding a space, freezing on command, using and sharing equipment and working individually, with a partner or group. They take part in activities that develop their fundamental movement skills such as running, jumping and skipping. Children will also enhance their balance and coordination through dance and gymnastics as well as developing their motor skills, such as throwing, catching and kicking by playing a range of games.



KS1

Y1 - After mastering basic movements and their understanding of some team games, children will begin to understand the basic benefits of exercise. They develop under arm throwing and catching techniques and learn to run with control. These skills are implemented into a range of games and activities which children learn rules to. In dance and gymnastics, children learn routines and perform these in front of one another; some feedback will be given after a performance with support from a teacher.

Y2 - Children in Y2 revisit some skills taught in Y1 but will begin to do this with more accuracy and confidence. They will run for longer distances, use over arm throwing techniques and use simple attacking and defending techniques. Again, these skills will be used and applied into a range of games and activities. Dance and Gymnastics routines will have been performed and basic peer feedback will have been provided. Our Y2 children will go swimming bi-weekly and will confidently and competently swim 25m by the end of the year. Y2s will know that exercise can increase breathing and heart rate and that this has health benefits.



Y3/4

By the end of Year 4, children will have used a range of skills such as: running, jumping and catching in a variety of sports and activities such as football, bench ball and tennis. Basic rules will have been taught for these sports and children will have participated in intra-school competitions at the end of each half term. Dance, gymnastics and yoga routines will have been performed and children will have used their iPads to record these. This in turn will support conversations around peer-feedback as well as personal reflections; children will use this feedback to improve their routines and further develop their skills. Our pupils will know a range of reasons why regular exercise is an important aspect of a healthy lifestyle and how exercise can have physical and mental health benefits. Outdoor adventure activities will be introduced and participated in, both in the school grounds, the local area and the Bewerley Park residential visit.



Y5/6

By the time a child leaves Western, they will aim to apply their knowledge of tactics and defending in competitive sports. They will also be able to self-evaluate their own performance in not only dance and gymnastics but within a range of sports. Through self-evaluation, they will be able to compare their previous performance and demonstrate improvement to achieve their personal best. Pupils will know and understand some of the processes which lead to increased breathing and heart rates when exercising and further develop their knowledge of outdoor and adventurous activity challenges individually and as part of a team at school, the Valley Gardens and East Barnby (residential).