



Why PE?



A message from Mr Felton our PE lead:

Nothing puts a smile on my face more than when I see children being active. With so many children spending more and more time inside, it is really important for children to understand and lead a healthy and active lifestyle. By introducing our children to a variety of opportunities such as competitions, festivals, extra-curricular sports clubs alongside high quality PE lessons, I hope we will inspire them to find a love for keeping active and for it to become a habit in their lives and not a chore.

Design and Purpose

The PE curriculum design is child centred, our bespoke physical education programme focuses on the individual needs of the children at Darlinghurst. We provide them with opportunities to become physically confident and develop an understanding of the importance of a healthy and active lifestyle. Learning and competing in a range of sports in school and at tournaments and festivals will help to embed important British values such as fairness and respect whilst at the same time allowing our children to build character and the chance to shine and achieve their best.

PE Reflections

Autumn Term

Early Years focus this term has been: balance, co-ordination and dance. They have enjoyed gymnastics lessons on the apparatus and have also learnt how to move to a variety of stimuli including drums, bells and music.



KS1 focus has been: throwing/catching, and invasion games. During the throwing and catching lessons they have used a variety of different equipment including netballs, tennis balls and javelins. Whilst in their invasion games lessons they have participated in football, tag rugby and hockey.

KS2 PE lessons have mainly focused on a variety of invasion style games including tag rugby, football, hockey and netball. We have entered numerous competitions including Football, Cross Country and Dodgeball.



Spring Term

The start of spring term saw our children embarking on our bespoke Health Related Fitness module. Within this module all year groups learn about the things they need to do to lead a healthy life as well as completing various fitness challenges.

In Early Years, the focus is on how to get your heart rate up and what changes happen in the body when they do. Towards the second half of the term our focus turned to gymnastics and in particular, balance and travel.



KS1 children started to learn about what a balanced diet looks like and how to make the correct choices when choosing what to eat. The second half of the term saw the KS1 children focusing on their gymnastic skills. Looking at ways to travel around the hall whilst incorporating jumps and landings from various apparatus.

In KS2 focus is on setting realistic personal targets and how to motivate yourself when exercising. Many of the children have taken their fitness booklets home and created fitness circuits of their own. For the second half of the spring term, KS2 children have participated in various sports within their lessons including Netball, Gymnastics, Basketball and even a little Yoga. In gymnastics, the children have been working on their counter balance and counter tension sequences, working collaboratively with the peers to create compositional ideas for their performances.



Summer Term

Summer term's focus as always has been on athletics and striking and fielding games such as, cricket and rounders.

In the Early Years, the children have learnt how to run in a straight line and within a track lane. They have also tackled some small hurdles, focusing on using the same leg to lead over each hurdle. How to throw different equipment, a ball, a howler and a small javelin has also been covered in lessons where the children have been shown how to use the correct technique for each different piece of equipment.



KS1 have focused on technique when running, and how to cut through the air by keeping their arms close to their bodies. When hurdling, they have been taught how to start to put in a rhythm to their run by making sure they lead with the same leg and create a tempo between each hurdle. They have also been introduced to 3 tees cricket and a simple rounders game where their hand to eye skills are starting to be developed when learning how to strike a ball.



KS2 have been developing and/or refining their athletic skills. LKS2 have been looking at pace and that if they slow down it can help them run for longer. They have also started to develop their jumping skills in our newly built long jump pit where the focus has been run ups and landings. In cricket, the focus has been on the basic rules of the game and starting to learn how to overarm bowl. UKS2 have been refining their skills in athletics and have been breaking down the techniques required in each discipline. By breaking down the technique into a sort of alga-rhythm it can really help the children understand each point needed to improve. In cricket, they have been learning about positional fielding and how to efficiently cover all areas of the pitch as well as the importance of communication between the batting pair and accuracy of batting.



Difference

Our aim is to allow our children to build their knowledge and motor competence within PE lessons so that not only do they know what to do to improve but also know how to do it. This will lead to more progressive outcomes. Think of it like a Jenga tower, we help the children build a foundation which they can then add knowledge blocks to.

- Build a foundation**
- Building and develop skills**
- Develop and embed skills**
- Embed and apply skills**
- Apply and practise**

Below is an example of an Invasion game Jenga tower. From starting with simple foundation skills (green) and then building, developing the next blocks of skills (yellow). We can then start to teach the children to apply and embed the skills (blue) until they finally are able to apply them to a game with practise (red).



'Achieving Excellence Together'

Useful websites

- www.activeessex.org
- www.afpe.org.uk
- www.youthsporttrust.org
- www.change4life.co.uk

PE Gallery

