

School Games Values

We follow the six School Games Values when competing and in our PE lessons.

Determination:

Keep going no matter what. Determination is about the journey you go on to push yourself and achieve your dreams. Have the mental strength and self discipline to overcome obstacles, commit to your goals and keep working everyday to become the very best you can be. Don't hold back!

Teamwork:

Treating everyone equally, supporting each other and working together to have fun and achieve. Celebrate each other's success and be a positive team player.

Self Belief:

You've got to believe to achieve. Have the self-belief and confidence to succeed and reach your personal best.

Honesty:

Be honest with others and with yourself. Have the courage to do the right thing and what you know is right. Let the best person win, not the best cheat!

Passion:

Giving it 100 per cent. Put your heart and soul into the game and never give up. Passion makes you enter the race and passion makes you finish it.

Respect:

Show respect for the referee, for the opposition, for your team mates, for yourself and for the game. Accepting victory and defeat with grace, treating others politely and with understanding. Have respect every day, in every sport and for everyone.



Christian Values

- Love
- Justice
- Endurance
- Forgiveness
- Dignity
- Thankfulness

SUM1: Cricket/Tennis-F1-5, S3, R4,R5

SUM2: Sports hall Athletics/Tennis-F1-5, S3, R4,R5

SUM1: Cricket/Tennis-F1-5, S3, R4,R5

SUM2: Sports hall Athletics/Tennis-F1-5, S3, R4,R5

SPR1: Handball-F1-5, S3, R4,R5

SPR2: OAA/Invasion games-F1-5, S3, R4,R5

Y6 Skill	Y6 Fitness	Y6 Sportsmanship	Y6 Resilience
<p>Handball: Shoulder and bounce pass. Shooting while moving with a goalkeeper. Passing the ball while moving. Attacking and defending.</p> <p>Basketball: Passes – chest, shoulder, 1 handed bounce pass, over head, 2 handed bounce pass, 1 handed push pass and baseball pass. Receiving ball with one hand, transitioning into dribble. Shooting on the move.</p> <p>Tennis: Reaction, forehand/backhand stroke, over arm serve, volley and smash. Hitting the ball diagonally across a court.</p> <p>Cricket: Bowling over arm. Understanding different hand positioning on ball creates different bowls. Bowling from a run up. Gymnastics: Shapes – Tuck, pike, straddle, stretch, star, dish/arch, front/back support and shoulder support. Counter balances. Jumps – stretch, star, tuck, pike and straddle. Balances on apparatus.</p> <p>Sports hall Athletics: Chest push and javelin throw from run up. Hurdles, long jump from run up, triple jump from run up. Relays – jogging forward on receiving the baton.</p> <p>OAA: Confident to lead under pressure, considering all within a group, effectively orientate a map, identifying key features to navigate around a course.</p>	<p>F1 Know that they can choose appropriate warm ups and cool downs to suit different activities and exercises.</p> <p>F2 Know why and can explain why we benefit from regular and safe exercise to improve our physical and mental well-being.</p> <p>F3 Know that the body (including muscles and circulatory system) reacts to different kinds of exercise.</p> <p>F4 Know that they can continue to develop their fitness to an increasing stamina with sustained practice and activity.</p>	<p>S3 Know how to strategically deploy individual talents within a team.</p>	<p>R5 Know how to challenge and constantly seek improvement in skills taught through personal motivation.</p>

SPR1: Handball-F1-5, S3, R4,R5

SPR2: OAA/Invasion games-F1-5, S3, R4,R5

AUT1: Basketball- F1-5, S3, R4,R5

AUT2: Gymnastics- F1-5,R4,R5

AUT1: Basketball- F1-5, S3, R4,R5

AUT2: Gymnastics- F1-5,R4,R5

SUM1: Cricket/Tennis- F1-5, S2, S3,R4,R5

SUM2: Sports hall Athletics/Tennis- NF1-5, S2, S3,R4,R5

SUM1: Cricket/Tennis- F1-5, S2, S3,R4,R5

SUM2: Sports hall Athletics/Tennis- NF1-5, S2, S3,R4,R5

SPR1: Swimming/Invasion games- F1-5, S2, S3,R4,R5

SPR2: OAA/Handball-F1-5, S2, S3,R4,R5

Y4 Skill	Y4 Fitness	Y4 Sportsmanship	Y4 Resilience
<p>Handball: Shoulder and bounce pass. Shooting from stationary position, aiming at targets – no goalkeeper</p> <p>Basketball: Passes – chest, shoulder, one handed bounce pass. Dribbling one hand, and V pass dribble. Tennis: Reaction, forehand/backhand stroke. Hitting/receiving ball over net.</p> <p>Cricket: Bowling under arm – aiming for targets. Hitting the ball after one bounce with the bat. Fielding – catching technique and barrier.</p> <p>Gymnastics: Shapes – tuck, pike, straddle, star, dish, arch, front/back support. Rolls to stand – tuck, pike, teddy bear and partner teddy bear. Vaulting onto heights. Jumps – stretch, star and tuck. Sports hall Athletics: Chest push and long distance throw with bean bags. Standing long jump and 3 step jump. Introduction to hurdling technique for higher hurdles. Change over in relays.</p> <p>Swimming: Develop technique in a wide range of strokes over increased distances. Gliding and floating with good control.</p> <p>OAA: Follow and give clear useable instructions to peer, communicate, listen and decide best approach. Identify key symbols on a map, use a key to navigate around a grid.</p>	<p>F1 Know why and can explain why warming up and cooling down is important.</p> <p>F2 Know how keeping fit can keep them healthy in a range of ways.</p> <p>F3 Know how to act on personal challenges given through endurance activities.</p> <p>F5 Know and can use sport specific vocabulary when explaining PE related information.</p>	<p>S3 Know a wider range of progressive rules and scoring systems within a range of games.</p>	<p>R4 Know how to peer assess a skill or performance independently using knowledge of sport.</p> <p>R5 Know that they can respond to feedback positively and apply it to skills taught.</p>

SPR1: Swimming/Invasion games- F1-5, S2, S3,R4,R5

SPR2: OAA/Handball- F1-5, S2, S3,R4,R5

AUT1: Swimming/ Basketball-F1-5, S2, S3, R4,R5

AUT2: Swimming/ Gymnastics-F1-5, R1,R4,R5

AUT1: Swimming/ Basketball- F1-5, S2, S3, R4,R5

AUT2: Swimming/ Gymnastics- F1-5, R1,R4,R5

SUM1: Racket Skills/ Striking & Fielding- F1,F2,F3,S1,S2,S3,R1,R4

SUM2: Sports hall Athletics-F1,F2,F3,S1,S2,R1

SUM1: Racket Skills/ Striking & Fielding- F1,F2,F3,S1,S2,S3,R1,R4

SUM2: Sports hall Athletics-F1,F2,F3,S1,S2,R1

SPR1: Dance- F1,F2,F3,F4,R1,R4

SPR2: Gymnastics/ OAA- F1,F2,F3,F4,R1,R4

Y2 Skill	Y2 Fitness	Y2 Sportsmanship	Y2 Resilience
<p>Multiskills: Throwing into a targets at different distances.</p> <p>Movement: Jumping & landing from a range of heights</p> <p>Sports hall Athletics: Jumping distances, sprinting, high hurdles with leading leg.</p> <p>Handball (Ball Skills): Throwing with one hand, catching with two hands and hands in cup shape. Moving with the ball – small/big steps.</p> <p>Gymnastics: Shapes – Tuck, Pike, Straddle, Stretch, Star, Dish and Arch. Travelling (on floor and apparatus) – bunny, straddle bunny, duck, giraffe, bear, spider, caterpillar, dip walk and sideway bunny. Jumps (from heights) – stretch and Star. Rolls – tuck, log, dish and arch, and pike.</p> <p>Dance: Four basic movements – turn, jump, freeze and balance. Travelling at different levels and speed.</p> <p>Tennis (Racket Skills): Balancing an arrange of objects on racket, understanding the difference between weights. Technique of aiming. Cricket (Striking and fielding): Hand and eye coordination – hitting a ball from a tee, using cricket bat.</p> <p>OAA: Follow instructions accurately, work cooperatively, taking turns and listening to each other, follow and create a simple diagram or map.</p> <p>Throughout: Working partners/groups and a range of equipment</p>	<p>F1 Know and can talk about how their body feels during different activities.</p> <p>F2 Know and can explain what their body needs to keep healthy.</p> <p>F3 Know that they can engage in a range of sports with an improving level of endurance and stamina.</p>	<p>S1 Know that they can have different roles within a team.</p> <p>S2 Know how to take part in small group competitions that are incorporated into main sessions.</p> <p>S3 Know how to use simple tactics.</p>	<p>R1 Know that there will be increasing expectations and challenges both in learning new skills and developing old.</p> <p>R4 Know one way to adapt work independently after adult feedback.</p>

SPR1: Dance-F1,F2,F3,F4,R1,R4

SPR2: Gymnastics/OAA- F1,F2,F3,F4,R1,R4

AUT1: Multi skills- F1,F2,F3,R1,R4

AUT2: Handball- F1,F2,F3,S1,S2,R1,R4

AUT1: Multi skills- F1,F2,F3,R1,R4

AUT2: Handball- F1,F2,F3,F4,S1,S2,R1,R4

AUT1: Multi Skills- F1,F2,R2,R3

AUT2: Handball- F1,F2,S1,S2,R1,R2,R3

SPR1: Movement- F1,F2,R2,R3

SPR2: Gymnastics/ OAA- F1,F2,R1,R2,R3

SUM1: Racket Skills/ Striking & Fielding F1,F2,S1,S2,R1,R2,R3

SUM2: Sports hall Athletics F1,F2,S1,R1,R2,R3

YR Skill

Multiskills: Throwing under arm and catching, hand-eye coordination

Movement: Balancing

Sports hall Athletics: Jumping over obstacles with two feet together, running (small steps)

Handball (Ball Skills): Throwing with one hand, catching with two hands and hands in cup shape.

Gymnastics: Shapes – back, pike, straddle and stretch. Travelling (on floor) – bunny, straddle bunny, duck and giraffe. Jumps (on to mat) stretch jump. Main focus on jumping technique (tall, small, jump) & landing. Rolls – tuck roll & log roll. Dance: Four basic movement – turn, jump, freeze and balance.

Tennis (Racket Skills): Holding tennis racket correctly, balancing bean bag, introduction to physical targets and aiming.

Cricket (Striking and Fielding): Throwing at different targets, holding cricket bat correctly & hitting larger balls with bat.

OAA: Follow instructions, make decisions where to move in a space, follow a path, recognise, find and match a symbol within a space.

Throughout: Working partners/groups and a range of equipment.

YR Fitness

F1 Know and talk about the importance of taking part in physical activities

F2 Know and discuss at least three ways in which we keep healthy.

YR Sportsmanship

S1 Know how to use a range of physical skills when playing games with other children.

S2 Know how to listen to and follow the rules of simple team games.

YR Resilience

R1 Know that they will have the opportunity to try a range of new sports.

R2 Know how to show confidence, independence and perseverance in the face of a challenge.

R3 Know that there is an expectation of them to be willing to try new activities and ask for help when they need it during these times.

PE: we aim to utilise fine and gross motor skills, cultivate resilience, team-work, ambition and healthy competition; physical fitness enabling life in all its fullness.