

The Upton Meadows Physical Education Journey

Key Stage One - Creating A Love For Physical Education



Team Games – Tag Rugby and Rounders/Kwik Cricket

During the summer term children will start to participate in team games, developing simple tactics for attacking and defending.



Athletics

Children will start to develop their technique, balance control and strength whilst working in a group and individually. KS1 will develop the understanding of different events, learn how to develop a competitive edge in individual and team events.





Sending and Receiving – Hockey Heroes

Children will develop their striking and receiving skills. Children will work individually and with others in challenging situations.

> **Spring Term**



Children will start to use their Jumping and landing will also be



Dance

Children will perform routines using a range of movement patterns. KS1 will link their routines to their topic work and will start to develop their theatrical ability. KS1 will also develop an understanding of basic choreography. Children will improve their knowledge, skill and technique of different dance genres. Developing confidence and working as team.



Gymnastics – Key Steps

ABC's in Gymnastics. They will be able to link movement patterns and perform a simple routine whilst understanding the need for safe practice. introduced from heights.

Your School Games Values

During PE, staff understand the importance of values and focus on the YourSchoolGames Values which consist of:

- Teamwork
- Self-belief
- Honesty
- Passion
- Respect Determination

In celebration assemblies, one pupil will receive the 'SPORTS STAR OF THE WEEK' certificate for showing one or more of these values.

Extra-Curricular Sport

All children in KS1 the opportunity to attend FREE sports clubs run internally. In these clubs your children will experience an even wider range of sports including OAA and Sports hall Athletics. This enables children to find an enjoyment for a wide range of sporting activities.

There is also an array of external sports clubs on offer including, Hotshots Basketball and Freestyle Soccer that are run as paid for clubs.

Sports Competitions and Fixtures

Upton Meadows Primary School have access to the Northampton School Sport Partnership (NSSP), Northampton Town School Sports Federation (NTSSF), the NPAT Sports Project, Duston Cluster and Strictly Northampton. This ensures all pupils will be able to utilise the skills learnt during PE and extra-curricular sports clubs in a number of competitions, and fixtures, including inclusion events.

Autumn **Term**

Fundamentals - Netball and Mini Tennis

In KS1 children will establish their understanding of safe practice whilst working within a defined space with equipment.

The Physical Education Journey Starts Here...