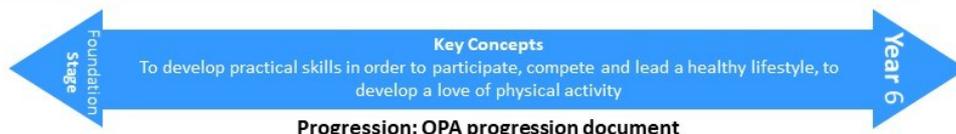


Our PE Pathway – skill development and fitness

PE is the development of skills and knowledge to enable children to participate in a range of activities and lead a healthy life, making informed choices



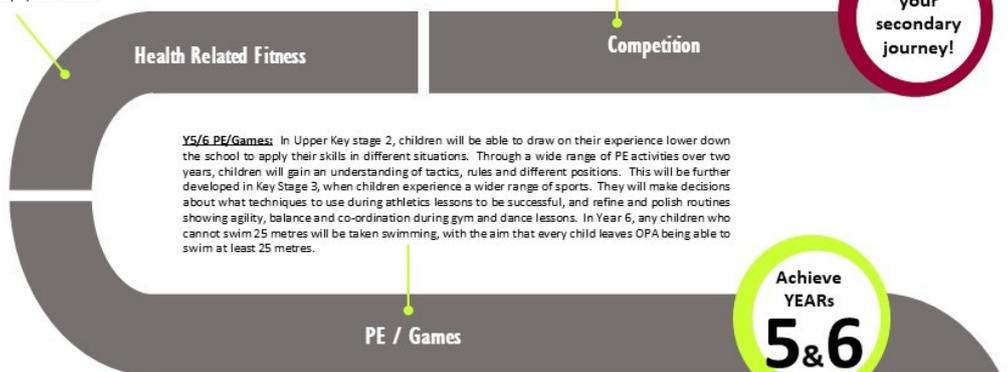
- As athletes we learn to :
- Develop practical skills in order to participate, compete and lead a healthy lifestyle- by learning a variety of skills and participating in a range of individual and team activities and learning how to keep healthy
- Develop a love of physical activity-by experiences a range of physical experiences and understanding the positive effects of exercise and diet on the body and mind



Y5/6 Health-Related Fitness: Going into Key Stage 2, children will continue to complete health-related fitness as part of their weekly PE lessons. Through doing circuits, the children will continue to build their ABC skills and develop their speed and flexibility. To track their fitness, children will also be introduced to the bleep test over 13 metres in Year 3, building up to 16 metres in Year 6. Children will also reinforce their understanding of muscles and nutrition linked to the KS2 science curriculum. Their knowledge and understanding of how physical activity can affect our mental and physical health.

Y5/6 Competition: In Key Stage 2, there will be a full programme of competitive events, both in and out of school PE. Children will have the opportunity to attend academies and be chosen to represent the school competitively, in some events to county level. The participation and enjoyment of competition will foster a love of sport, which will continue into Key Stage 3. It will also build resilience amongst our children and a sense of being part of a team.

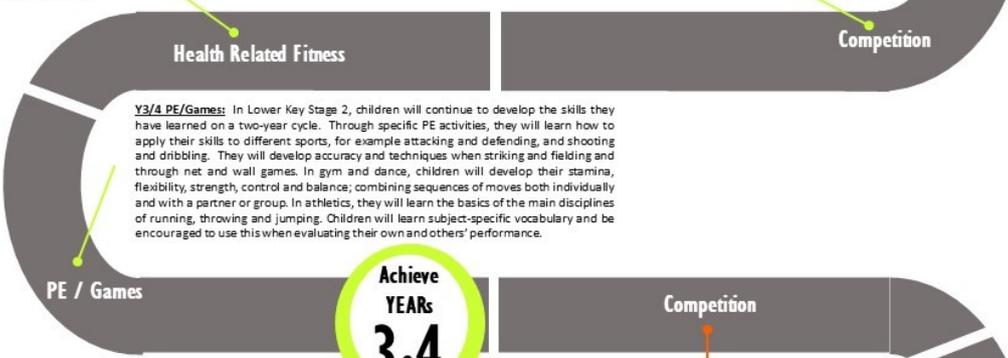
Ready for your secondary journey!



Y5/6 PE/Games: In Upper Key stage 2, children will be able to draw on their experience lower down the school to apply their skills in different situations. Through a wide range of PE activities over two years, children will gain an understanding of tactics, rules and different positions. This will be further developed in Key Stage 3, when children experience a wider range of sports. They will make decisions about what techniques to use during athletics lessons to be successful, and refine and polish routines showing agility, balance and co-ordination during gym and dance lessons. In Year 6, any children who cannot swim 25 metres will be taken swimming, with the aim that every child leaves OPA being able to swim at least 25 metres.

Y3/4 Health-Related Fitness: Going into Key Stage 2, children will continue to complete health-related fitness as part of their weekly PE lessons. Through doing circuits, the children will continue to build their ABC skills and develop their speed and flexibility. To track their fitness, children will also be introduced to the bleep test over 13 metres in Year 3, building up to 16 metres in Year 6. Children will also reinforce their understanding of muscles and nutrition linked to the KS2 science curriculum. They will gain knowledge and understanding of how physical activity can affect our mental and physical health.

Y3/4 Competition: In Key Stage 2, there will be a full programme of competitive events, both in and out of school PE. Children will have the opportunity to attend academies and be chosen to represent the school competitively, in some events to county level. The participation and enjoyment of competition will foster a love of sport, which will continue into Key Stage 3. It will also build resilience amongst our children and a sense of being part of a team.

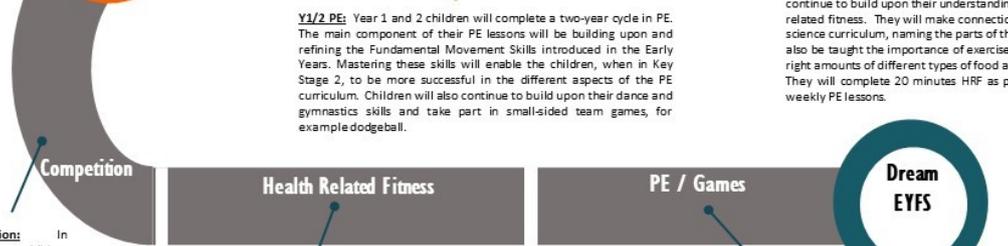


Y3/4 PE/Games: In Lower Key Stage 2, children will continue to develop the skills they have learned on a two-year cycle. Through specific PE activities, they will learn how to apply their skills to different sports, for example attacking and defending, and shooting and dribbling. They will develop accuracy and techniques when striking and fielding and through net and wall games. In gym and dance, children will develop their stamina, flexibility, strength, control and balance; combining sequences of moves both individually and with a partner or group. In athletics, they will learn the basics of the main disciplines of running, throwing and jumping. Children will learn subject-specific vocabulary and be encouraged to use this when evaluating their own and others' performance.

Y1 Competition: In Year 1, children will build upon their understanding of healthy competition, challenging themselves and competing against themselves and others in their class. There will be opportunities, both in and out of PE, to compete against other classes in school.

Y2 Competition: In Year 2, children will be given the opportunity to compete against other children in our school and also from other schools in organised events.

Believe YEARS 1 & 2



Y1/2 PE: Year 1 and 2 children will complete a two-year cycle in PE. The main component of their PE lessons will be building upon and refining the Fundamental Movement Skills introduced in the Early Years. Mastering these skills will enable the children, when in Key Stage 2, to be more successful in the different aspects of the PE curriculum. Children will also continue to build upon their dance and gymnastics skills and take part in small-sided team games, for example dodgeball.

Y1/2 Health-Related Fitness: In Year 2, children will continue to build upon their understanding of health-related fitness. They will make connections with the science curriculum, naming the parts of the body and also be taught the importance of exercise, eating the right amounts of different types of food and hygiene. They will complete 20 minutes HRF as part of their weekly PE lessons.

FS Competition: In Foundation Stage, children will start to learn about competition and will play games competing against each other. They will be taught the importance of good sportsmanship in an age-appropriate way.

FS Health-Related Fitness: Children in Foundation Stage will be introduced to ways to keep themselves healthy. They will complete circuits, yoga and also be introduced to the Golden Mile, where they will build up their stamina of sustained running, overtime.

FS PE: In Foundation Stage, children will be taught a wide range of PE. The foundations for their lessons will be Fundamental Movement Skills: balancing, running, jumping, catching, hopping, throwing, galloping, skipping, leaping and kicking. The children will also be introduced to dance and gym.