

GAME ON, LAURISTON!

Plan for this Term!



We are delighted to make up the Pe Team, Paige and Craig, we are both passionate about making PE fun, inclusive and exciting for every child. Together, we will support children in developing their skills, confidence, teamwork and love of sport, while providing a wide range of opportunities to compete and celebrate their achievements. We are also very proud of our new team of sport leaders, who are an important part of our PE team. They will take on responsibilities across the school by supporting younger children, helping with activities and encouraging others to get involved. Through working with us, our sports leaders will develop their own leadership, communication and teamwork skills while helping to create a positive sporting culture throughout the school.



Autumn Term

Focus: Developing fundamental movement skills, including running, jumping, changing direction, agility, balance and coordination.

Pupils apply these skills in increasingly challenging activities, developing communication, collaboration and decision-making.



KS1 Team



KS2 Team



Reception and Year 2

has been having a slightly different approach to their warm-up and cool-down. Each session will start and finish with a fun dance routine, giving the children the opportunity to develop their coordination, rhythm and confidence while having lots of fun. Alongside learning and developing their skills in our new sports, the children will also be learning a small dance routine over the term, which we hope they will be able to share and perform on others at the end of their learning.



	Rec	Y1	Y2	Y3	Y4	Y5	Y6
WEEK 1	Assessment Balance challenge (longest balance) Jump & Land (Controlled) Target Throw (Throw beanbag into hoop)	Assessment Speed bounce (20 secs) Target throw (beanbag into hoop) Balance (longest)	Assessment Speed bounce (30 secs) Wall throw & catch (30 secs) Shuttle run (1 mins)	Assessment Plank challenge (20 secs) Target throw (score out of 10) Shuttle run (2 mins)	Assessment 30 second fitness circuit (Star jumps, Squats, mountain climber) Wall throw (30 secs)	Assessment Beep Test Press up challenge Plank (longest) Standing long jump	Assessment Beep Test Standing long jump Press up Squats
WEEK 2	Football Moving safely	Football Running with the ball	Golf Grip stance and putting towards a target	Football Passing & Receiving	Football Ball control under pressure	Football Passing under pressure	Football Technical refinement
WEEK 3	Football Running and stopping	Football Stopping and changing direction	Golf Short shots towards a target	Football Moving with the ball	Football Passing combinations	Football Movement off the ball	Football Passing & movement
WEEK 4	Football Kicking a ball	Football Kicking accurately	Golf Hitting towards different targets and controlling distance	Football Changing direction	Football Attacking space	Football Attacking strategies	Football Attacking Strategies
WEEK 5	Netball Throwing and catching	Netball Chest pass	Netball passing	Netball Passing Accurately	Netball Passing & Movement	Netball Movement & passing	Netball Advanced passing & Movement
WEEK 6	Netball Moving and catching	Netball Catching	Netball Catching on the move	Netball Movement & Footwork	Netball Creating Space	Netball Attacking tactics	Netball Attacking structures
WEEK 7	Netball Jumping and landing	Netball Jumping and landing	Netball Attacking & defending	Netball Creating Space	Netball Attacking Tactics	Netball Defensive strategies	Netball Defensive Structures



The Daffodil Dash

