

PE Monthly Update #1

YEAR 1

Unit 1 - Ball skills - Throwing and Catching

This unit will focus on throwing and catching skills. This will include individual ball skills, working with a partner and playing throwing and catching games. This is an important skill to learn as it impacts other areas of P.E. so please spend some time at home practising throwing and catching.

Unit 1 Fundamental Movement Skills (FMS)

FMS will start in September. The FMS programme will focus on practising and developing the fundamental skills that children need to develop the more complex skills used in play, games, sports, dance and gymnastics. Thank you to those parents who have volunteered to help run the programme in Term One.

YEAR 2

Unit 1 Health and Fitness

This unit is being linked to the class unit on healthy living. We will explore why we need to exercise and what kind of exercise is good for maintaining a healthy body. Over the next few weeks we will look into how we can look after our bodies when we are at school, playing and when we are home.

Unit 1 Fundamental Movement Skills (FMS)

FMS will start in September. The FMS programme will focus on practising, consolidating, developing and maintaining the fundamental skills that children need to develop the more complex skills used in play, games, sports, dance and gymnastics. Thank you to those parents who have volunteered to help run the programme in Term One.

YEAR 3

Unit 1 Movement Composition - Gymnastics

The Year 3s first unit this year is gymnastics. The focus will be on creating movement sequences on different apparatus. They will focus on making their sequences aesthetic and include a variety of movements.

Unit 1 Games - Netball

With their class teachers they will be learning the skills of netball with a focus on working as a team. They will learn about the roles of each player in a netball team.

YEAR 4

Unit 1 Movement Composition - Gymnastics

The Year 4s have started looking at sequences in gymnastics with a focus on making it aesthetic and using a variety of gymnastics skills. They will perform these sequences individually, with a partner and in groups.

Unit 1 Movement Composition - Dance

With their class teachers they are focusing on dance and how it links to their current class unit. They will be looking at creating dances for a performance.

YEAR 5

Unit 1 Invasion Games - Netball

The Year Fives have started their games unit based around netball. Thanks to a Year Six Exhibition Group last year they learnt the basic rules and skills of netball in Year 4 which means the focus in the sessions will be on attacking, defending and team work. There will be an opportunity to join the school netball club in term one for those that are interested.

Unit 1 Health and Fitness

With their class teachers the focus has been on health and fitness and they have looked at the ways we can look after our bodies both physically and mentally. There has been a link to the school's focus on the five ways of well being.

YEAR 6

Unit 1 Leadership in Sport

During this unit the Year Sixes will look at the skills required to be a leader in a sporting scenario. They will be given the opportunity to try different leadership roles and skills in different sporting games. They have already experienced the role of being a manager. Ask them how they felt they did as a manager.

Unit 1 Games - Handball

With their class teachers they been introduced to the game of handball. They have created their own rules based around the game and have modified them to suit their needs.