



Physical Education at Sir John Cass's Foundation Primary School



<http://www.sirjohncassprimary.org/>

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Reception	Focus on bean bags Focus on using a ball	Gymnastics (Floor) Gymnastics (Apparatus)	Whistle and ABC Games (Agility, Balance and Co-ordination Games) Tennis	Multi-skills Dance Hockey	Tag Rugby Multi-skills Athletics	Address any areas
Year One	Ball Skills and Games Throwing and Catching and Aiming	Gymnastics (Floor) Gymnastics (Apparatus)	Whistle and ABC Games (Agility, Balance and Co-ordination Games) Tennis Basketball	Tag Rugby Multi-skills Hockey	Dance Orienteering Tag Rugby Athletics	Address any areas
Year Two	Multi-skills Whistle and ABC Games (Agility, Balance and Co-ordination Games)	Gymnastics (Floor) Gymnastics (Apparatus)	Ball Skills and Games – Tennis Hockey Basketball	Tag Rugby Multi-skills Basketball	Dance Orienteering Tag Rugby Athletics	Address any areas
Year Three	Swimming Whistle and ABC Games (Agility, Balance and Co-ordination Games)	Swimming Gymnastics	Swimming Tag Rugby	Swimming Hockey	Dance Orienteering Basketball Cricket Athletics	Address any areas
Year Four	Swimming Multi-skills/Football	Swimming Gymnastics	Swimming Tag Rugby -Sending & Receiving -Throwing & Catching -Invasion Games	Swimming Multi-sports Hockey	Dance Orienteering Cricket Athletics	Address any areas
Year Five	Multi-Skills and Multi-Sports -Health Related aspects of Fitness -Importance of Agility, Balance and Co-ordination in Sport	Gymnastics Football	Cricket Hockey	Basketball Tag Rugby	Dance Orienteering Tag Rugby Cricket Rounders	Address any areas
Year Six	Multi-Skills and Multi-Sports -Health Related aspects of Fitness -Importance of Agility, Balance and Co-ordination in Sport	Gymnastics Football	Basketball Cricket	Hockey Tag Rugby	Dance Orienteering Tag Rugby Rounders Athletics	Address any areas

Dear Parents/Carers,

Please read through this leaflet to find out what PE at Sir John Cass will look like for your child over the coming year.

The Physical Education (PE) Curriculum

PE at Sir John Cass's Primary School is a very important part of our curriculum. It is taught for at least 2 hours per week in Key Stage 1 and Key Stage 2. In the Early Years, we encourage physical activity and a love of the outdoors through having outdoor play everyday. Our indoor facilities consist of a gym with fixed climbing equipment and a range of portable gymnastics apparatus. Outside, we have a large playground with painted lines for games playing.

On the back page is an outline of the PE curriculum across the school.

Extra Curricular Activities

We also offer a range of Out of School Hours Learning. These include lunchtime classes and after school sessions. Throughout the year we offer extra classes in sports such as gymnastics, athletics, cross country, basketball, netball, dance and many more.

Lunchtimes

In order to ensure children are involved in structured play at lunchtimes, we have trained play leaders who arrange a variety of sporting activities. Some of the sports

Swimming

Swimming is compulsory for Year 3 and Year 4 at Sir John Cass. It is an important part of the curriculum as it improves health and well-being. In the lessons provided by the school your child will have every opportunity to achieve the Key Stage 2 objectives. The objectives are to swim competently, confidently and proficiently over a distance of at least 25 metres use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] and perform safe self-rescue in different water-based situations.

PE Kit

It is essential that children are well prepared for PE lessons and have the correct kit in order for them to be able to participate safely.

Girls and Boys PE Kit

- Shorts – Navy
- School logo T-Shirt – Red
- Trainers
- Boys and girls are allowed to wear tracksuit bottoms for outdoor PE (plain dark colour)

Swimming Kit Years 3-6

- One piece swimming costume – Black/Navy
- Trunks – Black/Navy
- Swimming cap – Red
- Bags for sports and swimming – Red/Navy
- Hats summer/winter - Red

We encourage barefoot for gymnastics and dance for safety and ease of movement.

All children will be taking part in hockey this year. Hockey sticks and shin pads will be provided, however you may wish to provide your child with a mouth guard and socks. Please look at the curriculum map to see when your child will be taking part in this sport.

It is important that every child takes part in PE and wears the appropriate kit. If your child does not bring in their PE kit or does not have the correct kit more than twice in one half term will result in a yellow card (this will be a blue card for Key Stage 1). No jewellery is allowed for PE. For further information on the PE Kit, please contact the school or look on our school website. If there are any issues regarding this I am happy to answer any questions. If your child cannot participate in PE lessons due to medical reasons there needs to be a written note sent into school and the office need to be told.

With thanks,

Mr Pogson

(PE teacher)