

Fairfield Endowed Junior School

Physical Education (PE) Programme

2018/2019

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Physical Education provides a unique learning environment for young people. A high quality PE curriculum enables all pupils to enjoy and succeed in many kinds of physical activity and builds the foundation for lifelong health. Through Physical Education children have the opportunity to develop emotionally, intellectually and physically- stretching their minds as well as their bodies.

Our PE programme has been specifically modified to challenge each individual participant, with our main aim of maximum participation and achievable practices.

This programme defines different topics and sessions from Year three through to Year Six.

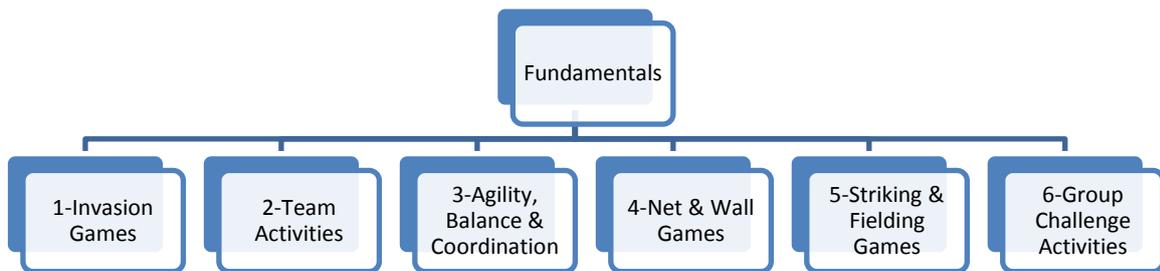
As children develop their individual skills and technique they move on to more team based activities. Therefore we have split KS2 into two stages. The first stage is the fundamentals stage which is designed to develop Year 3 and Year 4 children. This stage is using those individual skills and transforming them into small team activities. Finally Year 5 and Year 6 will develop to the fundamentals plus stage. This is now focusing on teamwork activities, including aspect such as leadership and small sided game play.



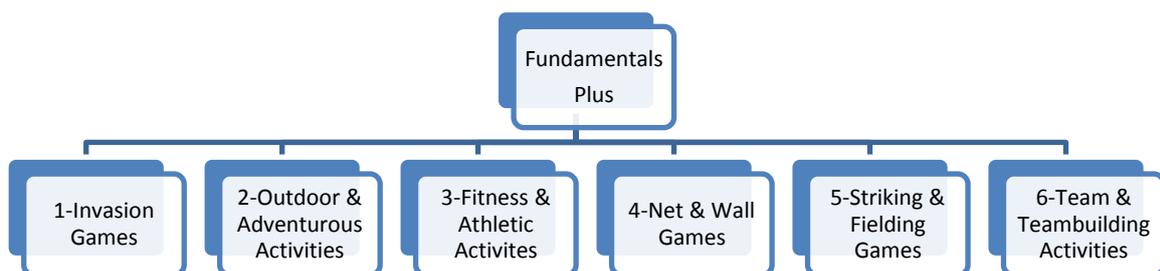
A diagram of the different stages can be seen below-

Year Group	Stage of Programme
Year Three	Fundamentals
Year Four	
Year Five	Fundamentals Plus
Year Six	

Fundamentals (Year Three and Year Four)



- Fundamentals Plus (Year Five and Year Six)



For each stage children will focus on each topic for half a term (6/7 week period). During these stages children will progress from year to year therefore each topic will be tailored to each specific year group. The development from year to year is extremely important; however having an overlap in sessions makes it easier for children to understand the topics. Through this method children will progress their individual skills and team work year on year.



Each specific topic has six/seven sessions which run through each half term; a breakdown of sessions for each specific topic can be seen below-

- **Fundamentals (Year Three and Year Four)**

<p>1-Invasion Games</p> <ul style="list-style-type: none"> • Football • Uni-Hoc (repeat if possible) • Basketball (repeat if possible) • Handball (repeat if possible) 	<p>2-Team Activities</p> <ul style="list-style-type: none"> • Communication work • Small group challenges • Attackers verses defenders • Leadership games • Wacky races 	<p>3-Agility, Balance & Coordination</p> <ul style="list-style-type: none"> • Circuits (static) • Circuits (dynamic) • Equipment balance work • Agility course • Ladders and hurdles • Colour/Number reaction games
<p>4-Net & Wall Games</p> <ul style="list-style-type: none"> • Tennis skills (repeat if possible) • Volleyball skills (repeat if possible) • Badminton skills • Rebound games (mix of balls) 	<p>5-Striking & Fielding Games</p> <ul style="list-style-type: none"> • Cricket stations • Rounders batting practice • Tri-Golf putting • Tri-Golf chipping • Small group diamond cricket • Fielding positions and techniques 	<p>6-Group Challenge Activities</p> <ul style="list-style-type: none"> • Alphabet hunt • Rope challenge • Islands and Gutter games • Bench and shape games • Numbers, letters and shapes • Partner challenges you

- **Fundamentals Plus (Year Five and Year Six)**

<p>1-Invasion Games</p> <ul style="list-style-type: none"> • Football • Basketball • Uni-Hoc • Rugby • Netball • Lacrosse • Handball 	<p>2-Outdoor & Adventurous Activities</p> <ul style="list-style-type: none"> • Orienteering challenge • Problem solving games • Invention of new games x1 • Invention of new games x 2 • Navigation • Map reading and designing • Survival skills challenge 	<p>3-Fitness & Athletic Activities</p> <ul style="list-style-type: none"> • Track activities (short distance) • Track activities (long distance) • Field activities (throwing) • Field activities (jumping) • Agility, balance and coordination • Partner challenge (static) • Partner challenge (dynamic)
<p>4-Net & Wall Games (repeat twice- include rules , refereeing and tournaments)</p> <ul style="list-style-type: none"> • Tennis • Volleyball • Badminton 	<p>5-Striking & Fielding Games</p> <ul style="list-style-type: none"> • Running Cricket • Running Rounders • Tri-Golf driving range • Cricket game • Rounders game • Tri-Golf course • (select the groups weakest to repeat) 	<p>6-Team & Teambuilding Activities</p> <ul style="list-style-type: none"> • Wacky Relays • Capture the flag • Space invaders • Kick the cone • Teambuilding challenge • Team game challenge • Group choice decision

In addition to our excellent Physical Education programme we also offer a fantastic Dance programme which is offered to years four to year six. Topics through this scheme of work: Shapes, Space, Musicals, Electricity and waves. The main focus for the dance programme is for the children to work in small groups focusing on teamwork, idea sharing, problem solving and evaluation.



