



# Physical Education at Barugh Green Primary School

## **Physical Education**

In physical education (PE) children take part in a wide variety of activities. They learn that being active is fun and that it is an important element of a healthy lifestyle.

Children have opportunities to learn and apply new skills, be creative, competitive and face up to new challenges. PE helps to develop positive attitudes such as fair play, respect and co-operation with others. All children have lessons in games, dance, gymnastics and athletics. At Key Stage Two children also have lessons in swimming and outdoor and adventurous activities. Most classes have two lessons of PE a week with the exception of reception and Year 1 children who have three lessons. You will be informed of the days which your child does PE by your child's class teacher.

### **Games**

Younger children learn skills and use them in small-sided games, often working on their own, in pairs and small groups. Older children learn to play versions of real sports games, including cricket, football, hockey, netball, rounders, rugby and tennis. Full details of each unit covered are provided in the scheme of work on pages 4- 6.

### **Swimming**

Children in Year 5 have a weekly swimming lesson at Royston swimming baths. Children travel to the baths on a coach. Qualified swimming instructors take the lesson.

### **Outdoor and Adventurous Activities**

Children in Year 3 spend one day at Kingswood Outdoor Centre and children in Year five go for a three day residential. The aim of these trips is to involve children in outdoor and team building activities such as archery, orienteering, climbing, ropes courses and zip wire.

## **Sports Day**

We hold a traditional sports day in the summer term. In addition to this we also hold an Olympic day in which the children take part in several field events in a team and represent their house colours.

## **Active Playgrounds**

As part of Barugh Green's commitment to keep our children active we run an active playground scheme. Fun sports equipment such as bats and balls, stilts, skipping ropes and foam mats are available for children to use at all playtimes.

We have a committed team of Year 5 Playground Leaders who have been specially trained. They are each on duty at playtimes for one day a week in either the Infant or Junior playground. Their role is to organise and lead fun games and activities for children who wish to be involved.

## **PE Kit**

Indoor – black shorts, white t-shirt (full t-shirt please, no vest tops), bare feet.

Outdoor – shorts, t-shirt, dark coloured jogging bottoms and sweatshirt for cold weather, plimsolls or trainers.

Hair – In the interests of safety if your child has shoulder length hair or longer it should be tied back securely.

Jewellery – Barnsley local education authority state that all jewellery should be removed for PE lessons. If your child cannot remove their own earrings then these should be removed before school. Please note that teachers cannot be responsible for the safe keeping of any jewellery brought to school. Thank you for your co-operation.

## **P.E. Scheme of Work**

Children cover the following areas during their time at Barugh Green -

### **Reception-**

**Gymnastics-** Introduction to gymnastics, stretching and curling, travelling taking weight on hands. Climbing and using apparatus.

**Dance-** Various themes and the BBC Dancing with Howard programme.

**Games-** Focus on using: bean bags, a medium sized ball, hoops and quoits, a small sized ball and bat, bat and ball games and activities. Working individually and in pairs.

**Athletics-** Running, throwing and jumping activities. Sports Day and Olympic day.

### **Year 1-**

**Gymnastics-** Flight, bouncing, jumping and landing, points and patches, rocking and rolling, wide, narrow and curled shapes, sequences using the skills learnt so far. Floor and apparatus work.

**Dance-** Themes include, Christmas dance, Jack and the beanstalk, country dancing, the rainbow fish, bear hunt, sunshine and weather.

**Games-** Large ball skills and games, throwing and catching- aiming games, bat and ball skills and games, skipping, developing partner work.

**Athletics-** Running, throwing and jumping activities, Sports Day and Olympic day.

## Year 2-

**Gymnastics-** Parts high and low, pathways- straight, zig-zag and curling, turning, spinning and twisting, linking movements together. Floor and apparatus work.

**Dance-** Themes include, balloons, the cat, bubbles, shadows and time.

**Games-** Throwing and catching, inventing mini games, bat and ball skills and mini games, dribbling, hitting and kicking, skipping, making games with a partner, aiming, hitting and kicking.

**Athletics-** Running, throwing and jumping activities, Sports Day.

## Year 3-

**Gymnastics-** Stretching, curling and arching, symmetry and asymmetry. Floor and apparatus work.

**Dance-** Unit focus chosen by individual teacher.

**Games- Invasion games-** ball skills passing and receiving, TOPS cards, creative games making.

**Net/ wall games-** Net/ court/ wall games, bat and ball, aiming, tennis.

**Athletics-** Running, jumping and throwing, tasks and challenges.

## **Outdoor and Adventurous**

**Activities-** Physical problems and challenges, maps and trails. A day trip to Kingswood Outdoor Centre.



#### **Year 4-**

**Gymnastics-** Balance and rolling. Apparatus work.

**Dance-** Various dance themes.

**Games- Invasion games-** Problem solving and inventing games.

**Striking and fielding games-** Rounders and cricket.

**Athletics-** Running, jumping and throwing, tasks and challenges.

#### **Year 5-**

**Gymnastics-** Bridges and flight. Apparatus work.

**Dance-** Various dance themes

**Games- Invasion games-** Invasion and target games- ball handling, netball and rugby, implement and kicking, hockey and football, creative games making.

**Net/ Wall games-** Net / court games. Tennis. Volleyball.

**Athletics-** Running, jumping and throwing, tasks and challenges.

**Outdoor and Adventurous Activities-** Orienteering- maps and trails, physical problems and challenges.

**Swimming-** Weekly on Tuesdays at Royston Baths.

#### **Year 6-**

**Gymnastics-** Partner work, matching and mirroring, synchronisation and canon, counter balance and counter tension.

**Dance-** Unit focus chosen by individual teacher.

**Games- Invasion games-** Invasion and target games- ball handling, netball and rugby, implement and kicking, hockey and football.

**Striking and fielding games-** Rounders and cricket.

**Athletics-** Running, jumping and throwing, tasks and challenges.

### **School Equipment**

We have a large collection of sports equipment in school. We use the school hall, playgrounds and playing field to teach P.E. The playing fields include an 8 lane metre running track. When we attend a competition children are dressed in school kit.

### **Extra-Curricular Activities**

We run a wide variety of PE based clubs that vary according to the time of the year. Clubs have included: athletics, gymnastics, multi skills, rounders, cricket, football, netball, tennis, yoga, aerobics, dance, street dance and multi-sport games.

The golden mile club runs every Monday and is open to children in Years 3, 4, 5 and 6. Children have their own record card and run circuits of the school field or playground to collect miles on their card. Awards and certificates are presented at set distances and given out in good work assembly.

### **Tournaments and Events**

In addition to the clubs Barugh Green takes part in most of Barnsley Schools Sport Partnerships competitions including: football, football multi skills, swimming, dance, orienteering, netball, rugby, hockey, athletics, rounders, multi skills, gymnastics and cricket tournaments.

When your child has represents the school in a Barnsley tournament you can read reports of the event on our school PE notice board next to the junior library or you can visit the Barnsley School Sport website at [www.sspbarnsley.org/](http://www.sspbarnsley.org/)

## Helping your child to be Active

Our school is committed to being an Active School and helping **all** our **pupils** reap the many benefits of an active lifestyle. We aim to encourage all pupils to have a life long commitment to physical activity. Parents have a valuable role to play in helping us achieve this.

### How much activity should your child do?

To improve health it is recommended by the Health Education Authority that '*children and young people should aim to participate in activity of at least moderate intensity for one hour everyday.*' Moderate intensity exercise includes brisk walking, swimming, dance, cycling and most sports and games.

### What can you do to help?

- Encourage your child to participate in PE lessons and ensure they have appropriate kit. Encourage them to join a school sports club.
- Provide your child with opportunities to be active, encourage them to play outside rather than watch TV, walk to school, through informal physical activity such as cycling, dancing to music at home and going for a family swim.
- Encourage them to join a local sports club. Please refer to our schools information file held in the entrance hall on local sports clubs.
- Help your child to practise skills, e.g. skipping and throwing and catching. Being more confident will increase their confidence and enjoyment.

If you have any questions on any item in this brochure please call into school to discuss.

Many thanks,  
E Wolff, PE Co-ordinator

