



Physical Education (PE) Autumn Newsletter

Hi I am Miss Bennett Physical Education (PE) Lead. I would like to welcome you to our autumn term newsletter for Physical Education. It is my pleasure to highlight all the great physical activity which has been going on in our school over the last half term.

Early Years Foundation Stage (EYFS)

The children in EYFS have been learning fundamental skills. They have been balancing using one and two point balances. This involved using different body parts to make contact with the floor, bench and even leaning on each other. Fine motor skills activities in EYFS include: threading, using scissors and tweezers these skills are helping to develop the coordination of small muscles in their hands and wrists. Our nursery children enjoy doing Cosmic Yoga sessions as well as finding different ways to travel following the sticky kids scheme.

Key Stage One (KS1)

Children in KS1 have been playing hockey passing a ball with control. Dribbling and using tactics to work together as a team. The children have also developed their ball skills throwing and catching with a range of throws. Year 2 children have been dancing to the theme of the gunpowder plot. They have also been working in pairs to develop a sequence of moves using different jumps and turns in gymnastics as well as learning how to safely move and use equipment.



Hockey Skills Yr2.

Key Stage Two (KS2)

Children in KS2 have been developing ways to move (rolls and jumps) and working in small teams to put together routines in gymnastics. They have observed each other and given feedback/critique. They have also looked at developing strategies and ways to throw a ball effectively and have loved playing dodgeball. The Yr5 & Yr6 football team enjoyed an unbeaten record in a local community tournament and the players were thrilled to get their trophies! Canon, unison, dynamics and musicality were all demonstrated in dance lessons in Yr3 and Yr4. Year 6 children have improved their fitness and stamina in circuit training sessions. 5A and 5N have had the opportunity to complete their Level 1 and Level 2 biking competency. 6B attended swimming and water safety lessons in the autumn term.



'Carnival of the Animals' dance session Yr4.



Bikeability training Year 5



Hive

In the Hive, the children have been playing invasion games; bench ball and dodge ball, working together as a team using their throwing and catching skills. The children have also been accessing weekly sensory circuits.