

## **Physical Education**

In this term's PE lessons, the Fairseat girls will predominantly be playing Hockey as well as exploring ways of moving through Dance.

In addition, Years 4 to 6 will continue with their Netball club at lunch times and they will be involved in a number of inter-school matches on Wednesdays after school.

### **Reception**

Reception continue to explore a range of different activities to further develop their understanding of cognitive skills and hand/eye co-ordination. They have been given a wide variety of equipment to use. Consistency and mastery of skills come with repetition and practise. Lessons include ball activities; catching, throwing, kicking. The girls also learn how to use the plastic hockey sticks, skip with a rope and work with the hoops. In Dance, the girls copy the teacher's moves as well as making up their own. As they progress they learn how to use complex leg and arm actions to the beat of the music. In Gymnastics, the girls are taught basic rolls, handstands and strength/balance activities.

### **Year 1**

Year 1 will use plastic hockey sticks and light weight balls. They have been shown the correct hand grip and how to dribble the ball. They will be practising passing and receiving the ball to improve their consistency and confidence in this area. They will also be attempting small sided games. In dance they are learning how to follow basic teacher led choreography, count to the beat of the music and how to work as a group to devise movement pieces. In gymnastics they are perfecting skills such as a forward rolls, handstands and they will be learning to do a cartwheel.

### **Year 2**

Year 2 will revisit the previously learnt skills of hitting and dribbling in hockey and are practising them to become more controlled and consistent. They are now being shown the correct technique for passing and receiving and will work towards developing the necessary awareness to independently play modified games. In dance they have been exploring fun and interesting ways to move their body to the beat of the music. They are working on different formations (starting positions) and creative pathways leading to a

new formation.

### **Year 3**

Year 3 now have a better understanding of hockey and are practising their skills (hitting and receiving) whilst on the move, aiming at a target. They are equipped with a wooden stick, gum guard and shin pads. The girls will work towards understanding spacial awareness in a game setting and putting themselves in the best possible position to receive the ball. In dance they are learning complex foot patterns and leg movements. They will be shown how to devise their own movements pieces using elements of dance and will choreograph their own routines.

### **Year 4**

Year 4 will be refining their hockey technique to develop the range and consistency of their skills (passing, receiving and dribbling the ball) They are practising marking, dodging and attacking the opposing team as well as being able to travel with the ball accurately in a variety of ways. In Dance they will be taught about the elements needed in choreography including formations and pathways and use these in developing their own movement pieces. They will learn more advanced moves, with less repetition and increased speed.

### **Year 5**

Year 5 have will be working on a greater understanding of the rules and tactics in hockey. They will be performing skills such as dribbling, push passes, stopping the ball and tackling. From participating in small sided games they will learn to transfer learnt skills into proper matches. In gymnastics they will be perfecting different types of rolls, hand and head stands and will work on balance sequences with a partner. In dance they will follow more advanced set pieces as well as focussing on independently choreographing routines with less repetition and increased speed.

### **Year 6**

#### **Invasion games**

Year 6 will predominately be learning to play 7 a side Hockey and the associated positions, rules and tactical game play. To add variety into their curriculum they will also be concentrating on other fun invasion games that

will enhance and further develop their tactical awareness.

In their Dance lesson they will be exploring styles of dance from different era's, the 20's through to the 80's. They will then devise their own dance piece using a set criteria (elements of dance) and a theme.