

P.E. AT ELEANOR PALMER

P.E. TEACHING AND LEARNING AT ELEANOR PALMER

Our PE is taught by a 0.8 specialist, Coach Martin, who has been with us for 10 years. As well as teaching every class for their 2 hours a week, Coach Martin inspires all the children with a range of extra-curricular clubs and tournaments. For a small school we do exceptionally well in borough competitions, often winning and always in the top 5. As well as developing a resilient and positive attitude to competitive sports, we also ensure participation in inclusive borough events too. As well as our hall and playground we make good use of the local Talacre Sports Centre and Kentish Town Baths.

AUTUMN 1

AUTUMN 2

SPRING 1

SPRING 2

SUMMER 1

SUMMER 2

EYFS

**FIT TO LEARN/
FUNDAMENTALS**
(30 mins per week)
Becoming aware, explore and discover
GAMES
Locomotion & stop/start activities. Games involving using space.

CONDITIONING PHRASES FOR GYMNASTICS AND FLOOR WORK
(30 mins per week)

GYMNASTICS - Apparatus
Focus: Simple movements and using apparatus

**FIT TO LEARN/
FUNDAMENTALS**
(30 mins per week)
Becoming aware, explore and discover

DANCE

GYMNASTICS
Focus: Simple movements developing balance and coordination

ATHLETICS
(30 mins per week)

GAMES
Explore and create using a range of equipment. Working well with others on individual and partner challenges.

FITNESS /Sports Day prep

GAMES
Explore and create using a range of equipment. Working well with others on individual and partner challenges.

YEAR 1

**FIT TO LEARN/
FUNDAMENTALS**
(30 mins per week)
Discover
GAMES
Throwing, catching & aiming games

CONDITIONING PHRASES FOR GYMNASTICS AND FLOOR WORK
(30 mins per week)

GYMNASTICS
Focus: Travelling on different parts of the body

DANCE
Weather and Seasons
Responding to a stimulus and developing simple movements linked to weather and seasons

GYMNASTICS
Travelling & body shape

ATHLETICS
Developing stamina, moving at different speeds and an increased range of throwing and jumping actions

SWIMMING
Weekly lessons at Kentish Town Baths

GAMES
The skills of bouncing, dribbling and bat and ball games

SWIMMING
Weekly lessons at Kentish Town Baths

YEAR 2

**FIT TO LEARN/
FUNDAMENTALS**
(30 mins per week)
Developing and consolidating

GAMES
Sending and receiving

CONDITIONING PHRASES FOR GYMNASTICS AND FLOOR WORK
(30 mins per week)

GYMNASTICS-APPARATUS
Focus: Travelling
Perform a range of balance actions and link with travelling

DANCE
Animals & Habitats
Develop a growing range of movements to remember and repeat short dances linked to animals and habitats

GYMNASTICS-APPARATUS
Sequences
Creating and repeating sequences that include a range of gymnastic actions

ATHLETICS
Developing stamina, moving at different speeds and an increased range of throwing and jumping actions

SWIMMING
Weekly lessons at Kentish Town Baths

GAMES
Inventing and creating games using the basic skills

SWIMMING
Weekly lessons at Kentish Town Baths



P.E. AT ELEANOR PALMER

START

ENRICHMENT FOR ALL
 Inclusive Sports Events
 Use of Talacre Sports Centre
 Access to Saturday and half term sports camps
 3 lap challenge
 Annual Sports Day

AUTUMN 1

AUTUMN 2

SPRING 1

SPRING 2

SUMMER 1

SUMMER 2

YEAR 3

FIT TO LEARN/ FUNDAMENTALS
 (30 mins per week)
 Generic fundamental skills

GAMES
 Football
 To develop a range of football skills to keep possession and control

CONDITIONING PHRASES FOR GYMNASTICS AND FLOOR WORK
 (30 mins per week)

GYMNASTICS - APPARATUS
 Focus: Stretching and curling
 Developing short sequences and improving the quality of the actions and linking movement

HEALTH & FITNESS (4 WEEKS)
 TO LEARN/FUNDAMENTALS AND DEVELOPING LEADERSHIP

Generic fundamental skills

SWIMMING
 Weekly lessons at Kentish Town Baths

GYMNASTICS (4 WEEKS)
 Developing sequences and review and improve those sequences

ATHLETICS (4 WEEKS)
 Run consistently and smoothly at different speeds and show greater control and coordination in throwing and jumping events

SWIMMING
 Weekly lessons at Kentish Town Baths

STRIKING AND FIELDING GAMES
 Developing the basic skills of bowling, batting and fielding in cricket (4 weeks)

NET GAMES - (4 WEEKS)
 Developing the basic skills of sending and receiving in tennis

DANCE
 Developing imaginative responses with the stimulus of Plants/Lifecycle's and be able to use expressive language to describe their dances (4 weeks)

YEAR 4

FIT TO LEARN/ FUNDAMENTALS
 (30 mins per week)
 Generic fundamental skills

GAMES
 Netball
 To develop attacking and defending skills through netball and be able to think like an attacker and a defender in a game

SWIMMING
 Weekly lessons at Kentish Town Baths

DEVELOPING LEADERSHIP THROUGH GYMNASTICS
 (30 mins per week)

GYMNASTICS
 Developing different combinations of actions through the theme of flight

SWIMMING
 Weekly lessons at Kentish Town Baths

OUTDOOR ADVENTUROUS ACTIVITIES
 Trust games, challenge activities and orienteering linked TOPs cards (30 mins per week)

Health & Fitness
 FIT TO LEARN
 Fitness Circuits

OUTDOOR ADVENTUROUS ACTIVITIES
 Trust games, challenge activities and orienteering linked TOPs cards (30 mins per week)

ATHLETICS
 Sustaining pace over longer distances and show increase power and control in jumping and throwing

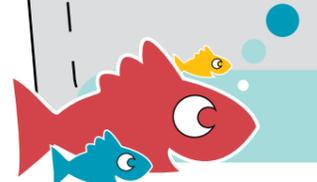
STRIKING AND FIELDING GAMES (4 weeks)
 To use batting and throwing skills to make a game more difficult for an opponent through cricket

HOCKEY (4 weeks)
 To be able to use a range of skills at greater speed and improved fluency with a focus on hockey

GYMNASTICS
 Show consistency and fluency in their actions and sequences with good body tension and extension through the theme of rolling

FINISH

3 LAP CHALLENGE



P.E. AT ELEANOR PALMER

ENRICHMENT FOR ALL

Sports Clubs every morning at 8am
School teams who compete in Camden: swimming, football, basketball
Borough wide cross country race on Hampstead Heath
Partnership with the Place Dance Theatre
Additional Thursday Football League



AUTUMN 1

YEAR 5

FIT TO LEARN
(30 mins per week)
Fitness Circuits

GAMES
Basketball
Use a range of different tactics to help their team be more successful with a focus on basketball

AUTUMN 2

DEVELOPING LEADERSHIP THROUGH GYMNASTICS
(30 mins per week)

GYMNASTICS
Linking different combinations of actions in longer sequences incorporating changes in levels and directions

SPRING 1

OUTDOOR ADVENTUROUS ACTIVITIES
Trust games, challenge activities and orienteering linked TOPs cards
(30 mins per week)

ATHLETICS
Improving skills with a greater focus on personal best as well as an ability to work with others such as in a relay team

SWIMMING
Weekly lessons at Kentish Town Baths

SPRING 2

OUTDOOR ADVENTUROUS ACTIVITIES
Trust games, challenge activities and orienteering linked TOPs cards
(30 mins per week)

STRIKING & FIELDING
Cricket
To work well as part of batting and a fielding team with a focus on cricket

SWIMMING
Weekly lessons at Kentish Town Baths

SUMMER 1

DANCE (4 weeks)
Performing specific movement patterns for different dance styles with accuracy with a focus on dances from Topic

TENNIS (4 weeks)
Demonstrate a range of different strokes and understand how to direct the ball away from an opponent over a net. Focus on tennis based at the local tennis courts

SUMMER 2

TAG RUGBY (4 weeks)
Developing a range of tactics to keep possession using tag rugby equipment and starting to observe the rules of the game

YEAR 6

FIT TO LEARN
(30 mins per week)
Fitness Circuits

GAMES
Football
Can organise team to think of ideas to be more successful both skilfully and tactically through football

SWIMMING
Weekly lessons at Kentish Town Baths

OUTDOOR ADVENTUROUS ACTIVITIES
(30 mins per week)
Trust games, challenge activities and orienteering linked TOPs cards

DANCE (4 weeks)
Use their own start points and ideas to develop celebratory dances linked to different dances

SWIMMING
Weekly lessons at Kentish Town Baths

GYMNASTICS- APPARATUS
(4 weeks)
Focus: Counter balance and counter tension

Games (4 weeks)
Basketball
Develop leadership skills of warm up, skills and tactical coaches as well as umpiring and refereeing skills with a focus on basketball

ATHLETICS (4 WEEKS)
Can organise themselves and others safely in different roles as a coach, performer and official

DANCE
Contribute fully to the choreography of a dance understanding the aesthetics and performance skills with a focus on the Lindy Hop during WW2

NET GAMES (4 weeks)
Can work well with a partner, adapting their play to suit their own and others strengths. Focus on tennis based at the local tennis courts

STRIKING AND FIELDING GAMES
Become familiar with the rules of cricket and keep games going independently. Are able to act as a motivational and knowledgeable coach to improve performance

INTENDED OUTCOME BY THE END OF YEAR 6

Children will leave EP with a positive attitude to their personal health and fitness and to team and competitive sports having experienced a range of sports and challenges.

They will have developed a resilient mindset and be good team players.

All children will have taken part in at least one competitive sport event beyond the school.

