

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

EYFS

FIT TO LEARN/ FUNDAMENTALS

(30 mins per week)
Becoming aware,
explore and discover

GAMES

Locomotion & stop/start
activities. Games
involving using space.

AUTUMN 2

CONDITIONING PHRASES FOR GYMNASTICS AND FLOOR

(30 mins per week)
Simple movements
and using apparatus
and floor work

SPRING 1

DANCE

Everyday Life

GYMNASTICS

Simple movements
developing balance
and coordination

SPRING 2

GYMNASTICS

Focus : Simple
movements
developing balance
and coordination

SUMMER 1

ATHLETICS

(30 mins per week)

GAMES

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

SUMMER 2

FITNESS /Sports Day prep

GAMES

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

YEAR 1

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

GAMES

The skills of bouncing,
dribbling and bat and
ball games

SWIMMING
Fortnight of daily
lessons at Kentish
Town Baths

YEAR 2

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 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
action

SWIMMING
Fortnight of daily
lessons at Kentish
Town Baths

GAMES

Inventing and creating
games using the basic
skills



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

START

Autumn 1

Autumn 2

Spring 1

Spring 2

Summer 1

Summer 2

YEAR 3

INVASIVE GAMES
 Develop a range of skills to keep possession and control through activities including football
FITNESS AND LEADERSHIP
 Develop leadership skills and ability to communicate clearly

CONDITIONING PHRASES FOR GYMNASTICS AND FLOOR WORK
 (30 mins per week)
 Developing short sequences and improving the quality of the actions and linking movement

DANCE
 Developing imaginative responses with the stimulus of light and shadows to perform short dances with expression
GYMNASTICS
 Sequences including a range of actions

ATHLETICS
 Run consistently and smoothly at different speeds and show greater control and coordination in throwing and jumping events
SWIMMING
 Fortnight of daily lessons at Kentish Town Baths

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

NET GAMES
 Developing the basic skills of sending and receiving in tennis

YEAR 4

INVASIVE GAMES
 Use a range of different tactics to help their team be more successful with a focus on baseball.
FITNESS AND LEADERSHIP
 To devise and lead skills practices to help the team get better at different sports

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

DANCE
 Developing imaginative responses with the stimulus of river and the water cycle to explore, improvise and choose material, including the use of props for longer dances

ATHLETICS
 Sustaining pace over longer distances and show increased power and control in jumping and throwing
SWIMMING
 Fortnight of daily lessons at Kentish Town Baths

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

INVASIVE GAMES
 To be able to use a range of skills at greater speed and improved fluency with a focus on hockey

3 PCH LENCE

FINISH





Autumn 2



Spring 2

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



YEAR 5

INVASIVE GAMES

Can organise teams to think of ideas to be more successful both skillfully and tactically through football

SWIMMING

Fortnight of daily lessons at Kentish Town Baths

FITNESS AND LEADERSHIP

Devise and lead skills practices to help team get better at different sports

GYMNASTICS

Link different combinations of actions in longer sequences

Spring 1

ATHLETICS

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

STRIKING & FIELDING

Cricket

To work well as part of batting and a fielding team with a focus on cricket

Summer 1

INVASIVE GAMES

Developing a range of tactics to keep possession using tag rugby equipment and starting to observe the rules of the game

DANCE

Performing specific movement patterns for different dance styles with accuracy with a focus on dances from Central America

Summer 2

NET GAMES

Demonstrate a range of different tennis strokes and understand how to direct the ball away from an opponent

YEAR 6

INVASIVE GAMES

Can organise team to think of ideas to be more successful both skillfully and tactically through football

DANCE

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

SWIMMING

Fortnight of daily lessons at Kentish Town Baths

GYMNASTICS

To determine judging criteria for their own and others' gymnastic performances with a focus on counter balance and counter tension

INVASIVE GAMES

Develop leadership skills of warm up, skills and tactical coaches as well as umpiring and refereeing skills with a focus on basketball

ATHLETICS

Can organise themselves and others safely in different roles as a coach, performer and official

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

NET GAMES

Can work with a partner, adapting their play to suit their own, and others' strengths. Focus on tennis based at the local tennis courts

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.

