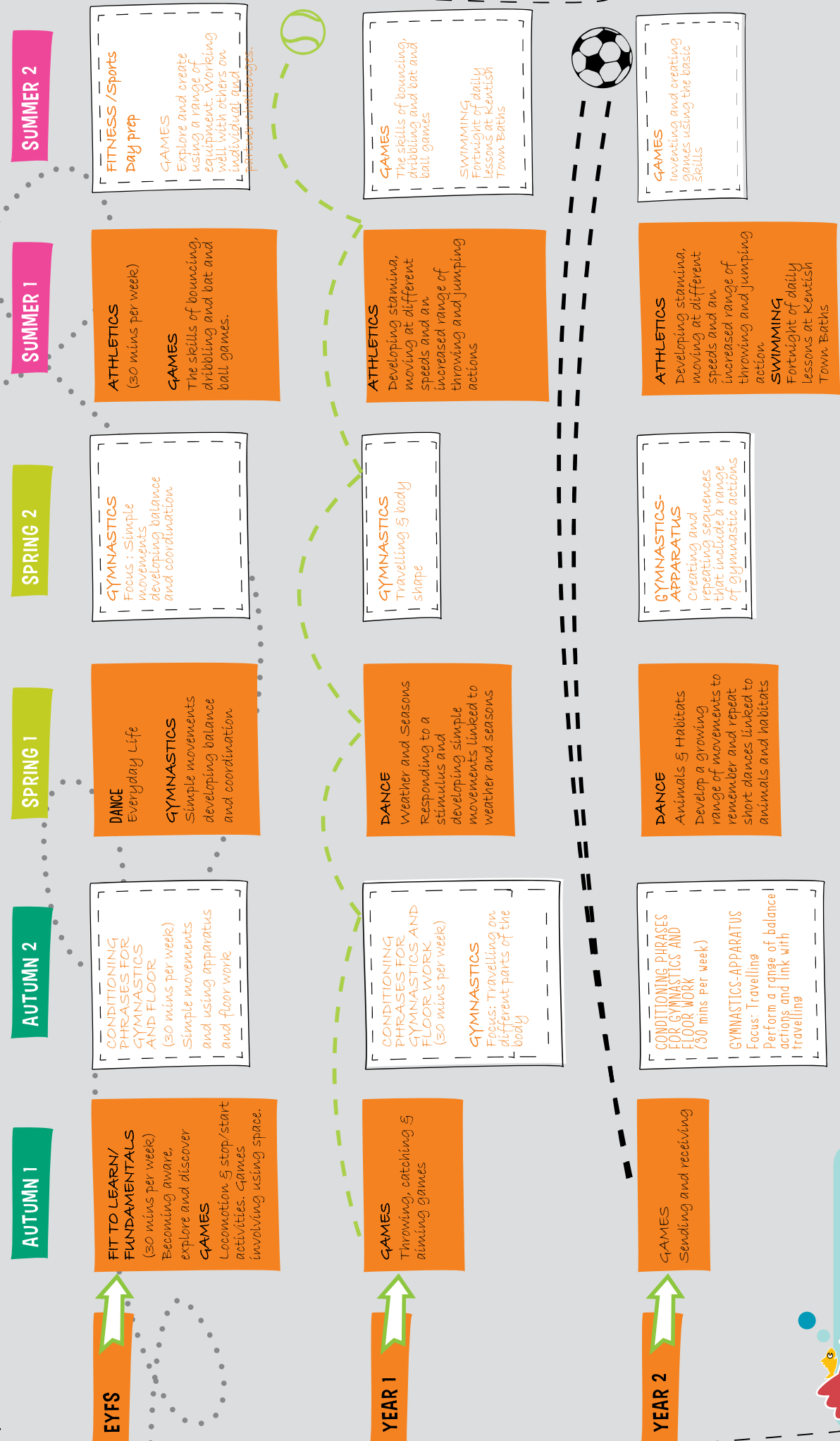


# P.E. TEACHING AND LEARNING AT ELEANOR PALMER

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.



**EYFS**

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

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

**YEAR 1**

**GAMES**  
Throwing, catching & aiming games

**YEAR 2**

**GAMES**  
Sending and receiving

**AUTUMN 1**

**CONDITIONING PHRASES FOR GYMNASTICS AND FLOOR**  
(30 mins per week)  
Simple movements and using apparatus and floor work

**AUTUMN 2**

**DANCE**  
Everyday Life

**GYMNASTICS**  
Simple movements developing balance and coordination

**SPRING 1**

**GYMNASTICS**  
Focus: Simple movements developing balance and coordination

**SPRING 2**

**ATHLETICS**  
(30 mins per week)

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

**SUMMER 1**

**FITNESS /Sports Day prep**

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

**SUMMER 2**

**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**  
Forefront of daily lessons at Kentish Town Baths

**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**  
Forefront of daily lessons at Kentish Town Baths

**GAMES**  
Inventing and creating games using the basic skills



**ENRICHMENT for all**  
 Inclusive Sports Events  
 Use of Talbot Sports Centre  
 Access to Saturday and half-term  
 sports camps & lap challenge  
 Annual Sports Day

P.E.  
**START**

Autumn 1

**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

Autumn 2

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

Developing short sequences and improving the quality of the actions and linking movement

Spring 1

**DANCE**  
 Developing imaginative responses with the stimulus of light and shadows to perform short dances with expression

**GYMNASTICS**  
 Sequences including a range of actions

Spring 2

**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

Summer 1

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

Summer 2

**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

**FINISH**

3 PCH LENCE



# P.E.

## ENRICHMENT for all

Sports Clubs every morning at 8am  
 School teams who compete in Camden, swimming, football, basketball Borough wide cross country races 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

### Autumn 2

**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

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



### Spring 2

**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, 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.

