

PE at Abbey Mead



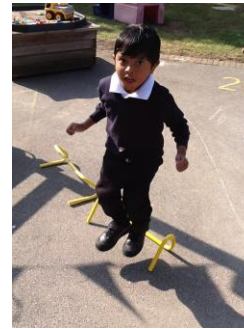
Aims

- Resources are used in a Covid-safe way to enhance PE teaching.
- Lessons are varied and exciting, making use of a range of activities.
- Each year group has learnt about specific sports throughout the year.
- PE teaching is enriched by after school clubs, incorporated in practical learning and whole school events.
- Children are confident when performing specific skills, have strong knowledge of differing sports and have a good understanding of how to lead an active health lifestyle.

Nursery



Students in Nursery this year were able to take part in several different activities and develop many different skills.



Dance workouts were a regular activity.

The children handled a variety of objects , improving their hand-eye coordination and also control and confidence in moving in different ways. Children gained an understanding of their body , their health and levels of self-care.

FS2

Students in Reception this year were able to take part in several different activities to develop the overall body strength, co-ordination, balance and agility.



Moving with pleasure and confidence during dance lessons and workouts.



Learning to balance, throw and catch objects with control.



Moving their bodies to create different movements.

Year 1

Students in year 1 this year were able to take part in several different activities and develop many different skills.

Students had the opportunity to develop their tracking skills in sticking and fielding lessons. In addition in their athletics lessons students developed their throwing, jumping and running ability

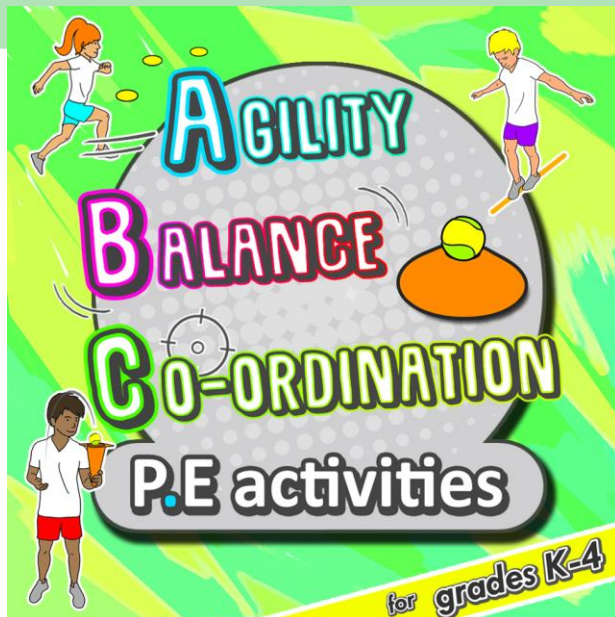


Their speed agility quickness lessons, Agility balance and coordination lessons ABC and ball skills lessons allowed the student to start to develop their fundamental movement skills.



Year 2

Students had the opportunity to develop their team work and tactical skills in sticking and fielding lessons. They were allowed to compete with fellow peers in athletics lessons also.



Students in year 2 this year were able to take part in several different activities and develop many different skills.



Students were able to be exposed to activities that tested their balance, agility, coordination and quickness so they could secure their knowledge and ability with regards to fundamental movement skills.

Year 3

Students in year 3 this year were able to take part in several different activities and develop many different skills.

Students were able to learn basic map skills and discover brand new orienteering skills in outdoor adventurous activities.



In multi sports students were able to build on their fundamental movement skills by applying them to team game situations focusing more closely on beating an opposition team/opponent.



Year 4

Students in year 4 this year were able to take part in several different activities and develop many different skills.

In cricket students were able to develop fielding skills. They also learnt bowling and batting skills through isolated exercises and also differing styles of cricket matches.



In athletics students had the opportunity to learn about pacing themselves in longer distance run and focused on an efficient running technique they could maintain over a long distance race.

Year 5

Students in year 5 this year were able to take part in several different activities and develop many different skills.

A key emphasis for year 5 PE was health and wellbeing. We had a focus on physical health but also mental health and looked at activities that would support them with their communication with other students.



Students were also introduced to rounders. In rounders students developed skills through the game and learnt rules, skills and tactics through a games style module where they learnt through playing.

Year 6

Students in year 6 this year were able to take part in several different activities and develop many different skills.

In Health and well being lessons students looked at all forms of communication. No verbal, and verbal and how these techniques support skills in different sporting activities.



In athletics students looked at sprinting starting position and how to efficiently use their body so that they can be as fast as possible when competing in sprinting events.





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Sports day (Year 1 - 6)

Children had the time of their lives competing in year group sports days this year. Exceptional amounts of character and skill was on display. Children were very competitive whilst remaining respectful of the children they were competing with.



Sports day



After school clubs cricket

We were lucky to have our children take part in both dynamos cricket and all stars cricket



In dynamos cricket students learnt the skills and rules of the game through playing countdown cricket. Additionally in all stars cricket children were learning the fundamentals of sport such as catching fielding and batting.

After school clubs Dance clubs

Our children explored different styles of dancing such as Morris dancing, Garba etc.



The children performed various energetic Bhangra steps in a sequence to show to the rest of the school!



After school clubs Multi sports

A multi sports club ran this year and all three classes in year 3, 5 and 6 had the opportunity to play sports like basketball, dodgeball, cricket, football, tag rugby and handball



The children showed fantastic commitment and brilliant enthusiasm towards leading a healthy active lifestyle

Break and lunch time sports activities

A significant amount of investment was put into acquiring new sports equipment such as hoops, skipping ropes, balls and many other exciting pieces of sports equipment. Each class had their own sports equipment box. Students were allowed to utilise the equipment during both their break and lunch times.



This had a huge impact and saw an increase in children's physical activity levels during the breaks in their day.

Daily Mile (physical activity period)

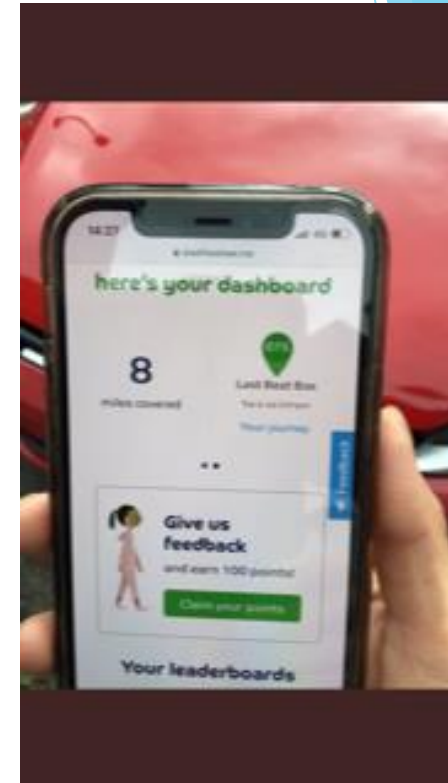
As a school we decided to have a 15 minute timetable slot each day for every year group in the school to purely dedicate to physical activity. We did this to enhance the amount of physical activity children were exposed to during the week.



Our fantastic daily mile track has allowed students the opportunity to increase their physical activity during the school day.

Beat the street

Throughout June and July children competed in a city wide physical activity competition called beat the street. Students ran, walked jogged, rolled and cycled to and from school and also around their local area scoring points for their school.



It was fantastic seeing over 700 pupils enjoying being active!

Lockdown (dances and workouts)

Throughout school closures children kept active! Students engaged in online workouts each week.



Weekly PE challenges were also set for children to test their skills at home.



They also were encouraged to be as physically active as possible through specific dance videos that were placed online for children to copy and recreate.



Lockdown Dance Workout videos



It was great to see children and parents send in their home videos following our dance workouts!

