



HATFIELD PEVEREL ST.ANDREW'S JUNIOR SCHOOL

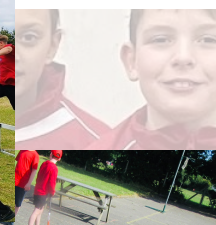
PE CURRICULUM



As part of the North West Essex School Sports Partnership, children have the opportunity to participate in a range of competitions and tournaments with local schools.



Progression of Skills and Knowledge is carefully planned to build year on year from Year 3 to Year 6.



Specialist coaches from SCS Coaching are used to deliver lessons two afternoons a week.



WHAT DOES PE LOOK LIKE?

All children participate in Dance, Fitness, Athletics, Ball Skills, Fundamentals, Gymnastics, Invasion games, Net and Wall games, OAA, Striking and Fielding, Target Games and Yoga.

Pupil voice interviews and questionnaires are regularly used to gather pupil opinion.



Focus sports in our Curriculum include, Football, Tag Rugby, Gymnastics, Dance, Hockey, Dodgeball, OAA, Fitness, Yoga, Athletics, Basketball, Netball, Rounders, Field events and Tennis.

<p>Heel Flicks</p> <p>Muscles used:</p> <ul style="list-style-type: none"> • Kick one heel to your buttock and then the other. • Control the direction. • Repeat at speed. 	<p>High Knees</p> <p>Muscles used:</p> <ul style="list-style-type: none"> • Lift one knee up to your chest and then the other. • Hold your arms horizontally at the same time. • Repeat at speed. 	<p>Heel Flicks</p> <p>Muscles used:</p> <ul style="list-style-type: none"> • Step forward with one leg and bend the back knee and it should touch the floor. • Keep your buttocks over your legs. • Move your legs as you move in this way. 	<p>Help Circles</p> <p>Muscles used:</p> <ul style="list-style-type: none"> • Place your hands on your back and make round in one direction and then the other.
<p>Toe Reach</p> <p>Muscles used:</p> <ul style="list-style-type: none"> • Keep your legs straight and reach above head level. • Bounce in and as you breathe out reach a little higher. 	<p>Arm Circles</p> <p>Muscles used:</p> <ul style="list-style-type: none"> • Rotate your arms around in a circle. • Repeat in both directions. • Try moving them at the same time in opposite directions. 		



The Get Set 4 PE Online Assessment tool is used to record and monitor progress.

